SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

## As seen on TV

Timbit-stuffed doughnut inspired by the sitcom How I Met Your Mother PAGE 10

# Wu's your fashion daddy?

One-man design sensation revels in some stylin' magical moments PAGE 17

VANCOUVER metro®

Thursday, February 7, 2013

News worth sharing.

metronews.ca | twitter.com/vancouvermetro| facebook.com/vancouvermetro

Epic Rides

VANCOUVER TO WHISTLER EXPRESS SHUTTLE ONLY $35!
(SAME DAY ROUND TRIP)

Epic Rides shuttle service from Vancouver to Whistler is now operating daily!

• SPECIAL OFFER •
Book 1 round trip to Whistler for $35 and you can book another round trip on a WEEKDAY for $20!

WE TAKE BIKES FOR FREE IN THE SUMMER

Visit EpicRides.ca to book now!

# Spoof shirts have Surrey up in arms

**'My kind of town.'**
Entrepreneur shrugs off city letter complaining of logo's misuse on clothing sold online

EMILY JACKSON
emily.jackson@metronews.ca

Cease and desist with the Surrey crime jokes, already.

The City of Surrey wants a website that sells shirts spoofing its "The Future Lives Here" logo to stop hawking the goods, including shirts that read "The future dies here," and "Better safe than Surrey," according to a cease-and-desist letter sent on Jan. 31.

But SurreyShirts.com marketing manager Don Pitcairn has no intention of shutting down despite the city's attempt to refocus its image away from crime.

"I just want to sell shirts to do with the city of Surrey, my kind of town," said the long-time resident of one of Canada's fastest-growing cities. "I love Surrey. It's entertaining, it's dark, it's a little bit dangerous, it's growing and it's dynamic."

His shirts, one of which features a gun in place of the buildings on the Surrey logo, are intended to be tongue-in-cheek political commentary with an anti-gang message in a city where five gangsters were shot dead in January.

The cease-and-desist letter, originally obtained by Business in Vancouver, identified the products on Pitcairn's website but was addressed to the owner of a different company. It stated the website did not have permission to use the city's logo and the city would take them to court if they failed to comply.

But city solicitor Craig MacFarlane said Surrey has no intention of pursuing legal action and the letter was written simply to complain about misuse of the logo.

"We don't care about the content; it's free speech," MacFarlane said. "But it's the same with any brand — you don't want people defacing your logo."

Copyright laws passed in 2012 allow for use of copyright material for satire, parody and political commentary, but it's not clear if that applies if a person is using it for commercial gain.

If it comes to a copyright battle, Pitcairn has some ammo up his sleeve. Last year, a city advertisement about cutting waste used his slogan SRY CTY, he alleged.

"For now I'm just going to ignore it, but if they want to get into a pissing contest ..."

**Quoted**

**"I love Surrey. It's entertaining, it's dark, it's a little bit dangerous, it's growing and it's dynamic."**

Don Pitcairn,
SurreyShirts.com marketing manager

SurreyShirts.com sells hoodies playing off the City of Surrey slogan "The Future Lives Here." CONTRIBUTED

## The worst of the worst

New Vancouver database lists thousands of problem properties to protect renters and keep landlords accountable PAGE 3

## 'I don't believe you're sorry'

Teen victim has her say at the sentencing hearing of a man who posted images of an alleged sexual assault at a 2010 Pitt Meadows rave PAGE 4

## Who to tap for TED?

Vancouver's got no shortage of innovative minds who could take the stage at the famed Technology, Entertainment and Design conference PAGE 6

Your future is bright in Construction

BRIGHTON COLLEGE

"Brighton College's construction program taught me how to use new technologies like Civil 3D, Advanced AutoCAD and Revit."
- William Pan, Construction Graduate

Construction professionals are in high demand! Have you ever thought about pursuing a career in construction drafting, or surveying positions? Start with our fast-tracked Construction courses by inquiring about our immediate start dates.

Call today 604-901-5121
or visit www.brightoncollege.com

On February 12,

the more you text

the more you help

On February 12, for every text message sent or long distance call made by a subscriber*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

bell.ca/letstalk

*Regular long distance and text message charges apply

Bell Let's Talk

## Galleries still needed.
# Rezoning allows more artist studios

Artists will have less red tape to cut through to rent studios in Vancouver's industrial districts.

City council voted on Tuesday to change zoning bylaws to allow work-only art studios in each of the city's 12 industrial districts, expanding eligible rental space to 28 million square feet from two million. Council also removed the 500-square-metre limit on artists' studios, making it easier for people to rent space together.

The changes provide an "unprecedented increase in the availability and affordability of much-needed artist space," Mayor Gregor Robertson said in a statement.

"The median income of a working artist is about 36 per cent below the Vancouver labour force average, so finding affordable and suitable studio space is a frequent challenge for emerging artists," he said.

The announcement paints a brighter future for artists, but local artist KT Kilgour said it doesn't address the lack of gallery space.

"While these facilities will help people develop the work, there's still a big gap where we show it," she said, pointing to the loss of W2.

Since the Waldorf Hotel closed, some of Kilgour's colleagues have left the city because there aren't enough opportunities or gallery space. The closure, and the public outcry that went along with it, was a catalyst for the city to take welcome action, she said. She hopes galleries will eventually crop up in the industrial spaces.

Certainly, the city is taking steps to stanch an exodus. It recently passed a motion to identify and protect key arts-and-culture spaces and launched the Arts Factory, a hub that will provide 40 studio spaces in a city building.

EMILY JACKSON/METRO

## Goggles? Woof! Helmet? Woof, woof! OK, dudes, I'm stoked!

Duma, a seven-year-old Jack Russell terrier and a demon wakeboarder, takes a short break on a small boat operated remotely by her owner Cliff Bode, of Chicago, Ill., while practising on Wednesday for the Vancouver International Boat Show. Duma will perform three times a day at the show, which runs from Feb. 7 to 11. DARRYL DYCK/THE CANADIAN PRESS

# Do you really want to live there?

## Negligent landlords.
New database ranks Vancouver's apartments

EMILY JACKSON
emily.jackson@metronews.ca

Bad landlords' dirty laundry is on display for Vancouver renters at the click of a mouse.

The city launched an online rental-standards database on Wednesday that lists infractions of fire, electrical, building, development and gas-fitting bylaws in approximately 2,500 rental buildings to help people decide where to live and keep landlords accountable.

Simply type in an address, click "Search" and a landlord's sins will be listed within seconds.

"Before, you were just stabbing in the dark, you had no idea," Coun. Tim Stevenson said. "Given the fact that over 50 per cent of Vancouverites rent, which is huge, people have a right to know who owns the building and everything about the building."

The database, which was inspired by a similar system in New York City, will refresh daily. It posts information about 70,000 of Vancouver's 131,000 rental homes, including private rentals, social housing, supportive housing and single-room-occupancy (SRO) hotels. It doesn't include condos or secondary suites, and it doesn't track pest infestations.

Landlords were given several months' notice to clean up their acts before the database launch. Good landlords were excited about the system, Stevenson said, but the ones with outstanding issues "probably don't like it at all."

Of 300 buildings with infractions, the 13 operated by the province have a combined 390 problems. BC Housing has invested $1 million to address the infractions. It is also renovating the Gastown Hotel and Marble Arch Hotel as part of a $143-million renovation to 900 SRO suites in the city.

Outside the Marble Arch Hotel, an SRO that holds the dubious title of having the most infractions, a construction worker said he's been working on improvements for three weeks.

On a quiet tree-lined street in Mt. Pleasant, a resident of the non-SRO with the most infractions said the city warned the landlord it's time to fix the dilapidated building occupied mostly by artists. It could be a pricey renovation — the house is listed as Class A on the heritage registry.

**How do they rate?**

Vancouver's worst buildings (as of Feb. 6):

- **Worst overall (all SROs):**
  1. Marble Arch Hotel: 141 issues
  2. 561 E. Hastings: 133 issues
  3. Empress Hotel: 129 issues
  4. Gastown Hotel: 122 issues
  5. Lion Hotel: 106 issues
- **Non-SRO rentals:**
  1. 104 W. 11th Ave. (seven suites): 69 ongoing issues, 10 resolved
  2. 5487 Cecil St. (19 suites): 29 ongoing issues
  3. 414 E. 10th Ave. (38 suites): 27 issues
  (If you're looking for a place, Craigslist says a one-bedroom is available here for $955.)
  4. 2455 W. 2nd Ave. (32 suites): 12 issues
  5. 8796 Fremlin: 10 issues

Canadian Health Care Academy

OPEN HOUSE EVERY THURSDAY 6-8PM

Health Care Assistant Program Begins Weekly!
Only 6 months long including a 5 week practicum in a FHA or VCH Nursing Home

Nursing Unit Clerk Program
Begins March 11th 2013 | Only 7 months long
(3days/week) including a 5 week practicum in a FHA or VCH Hospital/Nursing Home

NEW CLPNBC APPROVED
Practical Nursing Program
Begins April 8th 2013 | Start now | 73 weeks long including clinical experiences in FHA & VCH Nursing homes & Hospitals

English, Biology, Math & Anatomy & Physiology Nursing Pre-Requisites
All pre-requisites for the PN program are offered part time- free of charge. Call for start dates.

Call: 604.540.2421 | info@canadianhealthcareacademy.com | www.canadianhealthcareacademy.com

# Court hears from victim, accused in rave case

**Pitt Meadows.** Alleged sex assault fuelled bullying, victim says

LIAM BRITTEN
vancouver@metronews.ca

The victim of an alleged sex assault at a 2010 rave in Pitt Meadows was forced to quit school because of bullying and threats, the teen told a Port Coquitlam courtroom Wednesday at the sentencing hearing of a man who posted images of the incident on Facebook.

Dennis John Allen Warrington pleaded guilty in December to distributing obscene material and will be sentenced in March.

The victim sobbed and breathlessly spoke about the anger and shame she felt.

"I don't believe you're sorry for one second," she said to Warrington, during her victim-impact statement. "You don't do what you did without realizing it was wrong."

She told the court about the bullying at school and on social media, which included threats against her family and her life.

But defence counsel Marvin Stern cautioned that there was confusion whether the incident was rape or consensual public sex, and added that the photos were widely shared before Warrington posted them.

"It's naive to think that these photos would not have hit the public domain but for the actions of Warrington," he said.

Warrington read a letter of apology to the victim and said he did not contemplate the consequences of his actions.

The Crown is asking for a year's probation, while defence argued that a permanent record would be unfair, and suggested a conditional discharge would be more appropriate.

The victim of an alleged sex assault reads a statement to the media in February 2012. PHYLICIA TORREVILLAS/METRO

One bite and you'll never want to start your day without applewood smoked bacon again.
Enjoy a toasty warm parmesan egg frittata, topped with crispy applewood smoked bacon and aged gouda, all on a toasted artisan roll.
$2 BREAKFAST SANDWICH OR WRAP
WITH PURCHASE OF A BEVERAGE FEB 4 - 10
© 2013 Starbucks Coffee Company. All rights reserved. One sandwich, wrap or oatmeal per beverage purchase. Plus tax if applicable. Supplies are limited.

## Aquarium. Unlocking the mystery of sharks, rays

Hollywood movies like Jaws have portrayed sharks as evil, man-eating machines, but a new exhibition at the Vancouver Aquarium hopes to enlighten people about these often misunderstood predators.

The Secret World of Sharks and Rays exhibit gives people an up-close look at the not-so-famous sharks and their distant cousins — the skates, rays, and ratfishes.

Alex Clegg, interpretation specialist at the Vancouver Aquarium, said people will be surprised to know that the most famous shark, the great white, is one of the sharks found in our own backyard.

"So if you've ever been swimming at English Bay, you can say you've been swimming with sharks. It's a little bit of a stretch, but we do have 14 different species of sharks found right off of our coast," he said Wednesday. "(The exhibit will also have) a lot of interesting things about sharks and rays that people don't automatically associate with these animals."

Clegg said he hopes that people take away a renewed view of these misunderstood sea creatures.

The exhibit runs Thursday until Apr. 30.

PHYLICIA TORREVILLAS/METRO

**Online**

Check out a video about the new fin-tastic exhibit at metronews.ca/vancouver.

A family watches a whipray and blacktip reef shark at the Vancouver Aquarium's The Secret World of Sharks and Ray exhibit Wednesday. PHYLICIA TORREVILLAS/METRO

**Bragging**

### Man arrested on SkyTrain

Transit Police arrested a loose-lipped man Monday after he was overheard bragging on SkyTrain that he was wanted by police and was headed downtown to steal a car.

Another man heard the conversation and approached transit officers at Broadway Station.

Police then checked the talkative man, who was travelling without a valid fare, and arrested him on an outstanding warrant for two counts of mischief.

Justin Charles Douglas Butters, 24, appeared in court Tuesday and was released on conditions. METRO

**Suspicious**

### L.A. police seek missing Vancouver woman

U.S. police are looking for a young Canadian woman who disappeared during a visit to Los Angeles.

A police department press release says 21-year-old Elisa Lam of Vancouver was travelling alone and was last seen at a downtown hotel.

The statement says her disappearance is suspicious and may suggest foul play.

Detectives hope the public can supply leads to Lam's whereabouts.

THE ASSOCIATED PRESS

# Friday and Harriet found safe and sound

**Located in Agassiz.** The missing dogs, a one- and four-year-old, had an unexpected 120-km trek after the truck they were in was stolen

KATE WEBB
kate.webb@metronews.ca

The Vancouver owner of a pet-sitting service who spent 20 panic-stricken hours searching for two lost dogs after a company truck was stolen — with them in it — was elated Wednesday to learn they had been found on a tree farm in Agassiz.

Creature Comforts owner Amy Vilis said an employee left four dogs in the truck with the keys in the ignition while she was dropping another one off at a client's home at about 3 p.m. on Tuesday in East Vancouver. The employee had just opened the door to the house when a man jumped into the driver's seat and took off.

The suspect released the two dogs that were in the front cab, who were later found roaming the neighbourhood and returned to their owners, but there were still two dogs locked in the back.

**Lost and found**

**20**

**A Vancouver pet sitting service owner spent 20 hours searching for two lost dogs after a company truck was stolen with them in it. The dogs were found unharmed in Agassiz.**

Those were Vilis' own dog, a one-year-old brown flat-coated retriever named Friday, and Harriet, a client's four-year-old white-and-brown spaniel-Basset hound cross.

Just after 11 a.m. on Wednesday, Vilis got a call from police, who told her the 2006 Black Ford Ranger had been found 120 kilometres away in Agassiz.

The dogs were inside unharmed, just cold, wet and dirty, and were taken to a veterinarian to get checked out. Police were still searching for the suspect on Wednesday.

Friday, left, a one-year-old brown flat-coated retriever, and Harriet, a four-year-old spaniel-Basset hound cross, were found Wednesday in Agassiz in a truck that was stolen Tuesday in East Vancouver. FACEBOOK.COM

What's the smartest way to save?

Introducing the new BMO® Smart Saver Account.

Now you can get a high interest rate on every dollar saved, with:
• No minimum balance and no monthly fees
• Free unlimited transfers to your other BMO accounts
• Convenient access to your account in branch, online, or through ABM, mobile, or telephone banking

1.20%* on every dollar saved

Start saving smarter. Open a new BMO Smart Saver Account today at bmo.com/smartest or call 1-866-497-6564.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

*Interest is calculated on the daily closing balance and paid monthly on the last business day of the month. Interest rates are per annum. Interest rates are subject to change without notice. ®Registered trade-marks of Bank of Montreal.

# Good Samaritans help nab sex-assault suspect

**Crime.** A 26-year-old man has been arrested following passersby helping after hearing the victim scream

Vancouver police have arrested a 26-year-old man in a violent sexual assault last week with the help from Good Samaritans.

Dustin Burwood, 26, was arrested Saturday and has been charged with one count of sexual assault causing bodily harm. He is scheduled to appear in court on Thursday.

Sgt. Randy Fincham said a 25-year-old woman was waiting for a bus in the 600 block of Smithe Street at 3 a.m. on Jan. 30 when she was allegedly grabbed by a man, carried onto Granville Street and sexually assaulted.

The victim fought back and passersby intervened after hearing her screams.

Her attacker fled and tried to get into several taxis, but he was refused service then fled north on Granville Street.

"It was the fact that this woman did what she needed to do to defend herself ... she screamed loud enough that people could come forward and help her in scaring this person away that likely prevented her from getting more seriously injured," Fincham said Wednesday.

The woman suffered injuries to her face, back and leg and was taken to hospital, where she was treated and released.

Burwood is known to police and investigators are looking for possible links to other sexual assaults in the city.

Vancouver police also announced its second women's safety fair Friday at Langara College. The fair, which runs from noon to 4:30 p.m., features a personal-safety demonstration by VPD tactical-training specialists and numerous information booths offering personal-safety and support services.

PHYLICIA TORREVILLAS/METRO

Vancouver police spokesman Sgt. Randy Fincham say officers have arrested a man with the help of Good Samaritans after a violent sexual assault downtown sent a victim to hospital. PHYLICIA TORREVILLAS/METRO

# READY FOR THE WORLD STAGE

From the darkest depths of the ocean to the furthest reaches of space, Vancouver has a lot to say to the world. With the TED conference setting up shop in Vancouver starting 2014, Metro readers stepped up and suggested some exceptional people working in the city that deserve their 18-minutes of fame on the global stage. We tracked down some of their colleagues to see why these great minds would make for engaging and influential TED speakers.

MATT KIELTYKA/METRO
matt.kieltyka@metronews.ca

CONTRIBUTED

## Rebeka Breder

Animal-rights lawyer

Boughton Law

She's man's best friend's best friend.

Boughton Law lawyer Luca Citton says his fellow associate, Rebeka Breder, has become a go-to expert in the new realm of animal law.

"She's managed to develop a legal practice in an area of law that didn't really exist before," Citton said of Breder.

Similar to the evolution of environmental law, animal law is a byproduct of a milestone shift in culture — one that's more compassionate and in tune with the welfare and rights of all living things.

And Breder has been on the front lines, fighting in the courtroom and teaching in lecture halls all over.

Breder founded and still chairs the Canadian Bar Association's animal-law section and also sits on the board of directors of the Vancouver Humane Society.

She's been a tireless advocate, according to Citton.

"It's rare you meet someone that loves what they do that much," he said.

CONTRIBUTED/NATE JOHNSON

## Phil Nuytten

Deep-sea explorer, inventor and engineer

Nuytco

When Hollywood director James Cameron became the first person ever to do a solo dive to the deepest part of the Mariana Trench last year, he did it in one of Nuytten's submersibles.

The Vancouver explorer and inventor has been a pioneer in deep-sea diving since the 1960s and remains at the top of his game.

Not one to rest on his laurels, Nuytten envisions a future where human habitation under the seas is a reality, Nuytco's operations supervisor Jeff Heaton says.

"What he would speak about is not his accolades and accomplishments, but where we're going," says Heaton. "Cameron's dive was a big deal. It really opens up for things we've been discussing like undersea habitats and having a manned presence on the ocean floor."

Heaton gives Nuytten bonus points for personality.

"He's quite funny and gets people laughing," Heaton said, matter-of-factly. "I don't think most engineers are able to do that."

**Already in the TED spotlight**

CONTRIBUTED/LIFE SCIENCES BC (YAO ON LEFT, WANG RIGHT)

## Jeanny Yao and Miranda Wang

Magee Secondary School graduates

Two young and bright minds from Vancouver don't have to wait until TED comes to Vancouver in 2014.

Miranda Wang and Jeanny Yao will be speaking at this year's conference — joining the likes of U2's Bono — in California.

The duo, with the help of UBC's Dr. Lindsay Eltis and his chemistry students, discovered a way to break down phthalates, environmentally unfriendly compounds found in many plastics and linked to several health problems.

Not bad for a couple of 18-year-olds.

Magee chemistry teacher Mary Lee Taylor says the young women are ready for TED's world stage.

"They are very polished speakers and have such a passion when they communicate their work to people," said Lee Taylor. "I'm very happy for them."

Wang and Yao represent the talent and potential that's gestating in British Columbia schools.

"In every school, there are so many talented, interesting and engaging people here that want to make a difference in the world," said Lee Taylor.

CONTRIBUTED

## Dr. Paul Zehr

Neuroscience professor at University of Victoria

Researcher at ICORD centre for spinal-cord research and treatment

Zehr already has a presentation that's tailor-made for TED, according to Vancouver-based ICORD principal investigator Peter Cripton.

The author of Inventing Iron Man takes the blockbuster, comic book-based movie and uses it to introduce people to real-world advances in biomechanics and technology that's pushing human capability beyond the natural limit and even helping people with spinal injuries recover and, hopefully, one day walk again.

"I've seen him speak and he's always profound and really interesting," said Cripton, who co-wrote a similar "Being Batman" blog for Scientific American with Zehr. "You want learning to be fun. He emphasizes it in a way that's accessible to the public. That's who we serve; we don't want to do work that's not relevant to the real world."

At ICORD, physicians already use robotic exoskeletal "pants" to help spinal-cord injury victims regain walking patterns during rehabilitation.

A real-life Iron Man, Zehr says, is possible within the next 30 years.

CONTRIBUTED/UBC

## Gary Hinshaw

Cosmologist

University of British Columbia Experimental Cosmology Lab

How old is the universe? How big is it? How fast is it expanding?

NASA's Wilkinson Microwave Anisotropy Probe (WMAP) team, whose publications were submitted in December, are credited with taking the universe's vital signs and finally answering some of those eternal questions.

One of the key members of the 2012 Gruber Cosmology Prize-winning team was UBC's Gary Hinshaw.

"What he's really helped do is convert ideas we had of how the universe may have begun to a precise, tested model," said UBC physics professor Mark Halpern, who is also on the WMAP team.

Halpern says Hinshaw has a gift for taking the dense material and relating it to groups ranging from children to world-renowned experts.

"Cosmology is one part of science that the public cares about," said Halpern. "Basic questions like why is the universe so big are questions people have been asking since the beginning. Now we have a quantitative understanding and Gary can explain it in a very engaging way."

JENNIFER GAUTHIER/METRO FILE

## Dr. Julio Montaner

Clinical director

B.C. Centre for Excellence in HIV/AIDS

Montaner's made-in-B.C. triple-drug therapy and "treatment as prevention" model (Science Magazine's 2011 breakthrough of the year) attacking the spread of HIV/AIDS has already made significant inroads in British Columbia and earned him international recognition.

Irene Day, director of operations at the B.C. Centre for Excellence in HIV/AIDS, says Montaner has an important message fit for the TED stage.

"He really understands HIV and has significant insight in the elimination (of the virus)," she said. "The U.S. talks about an 'AIDS-free generation' and we're so far ahead of that."

Montaner's charisma, knowledge and passion already shines through when he addresses the scientific community and Day says it's time for the general public to take notice.

"He'd tell people that this can be done, we can eliminate HIV," she says. "We're already doing it in British Columbia."

## MEMBERS GET

# THE RE-INVENTED BLACKBERRY® Z10 WITH BENEFITS.

**Get the re-invented BlackBerry Z10 with features like Time Shift to ensure the perfect shot. Plus, Virgin Mobile Members get Exclusive Access & Deals from our awesome partners.**

CINEPLEX H&M NEW YORK FRIES

BlackBerry®

**$139.99**

Virgin mobile

**IT'S BETTER TO BE A MEMBER**

virginmobile.ca/blackberry

Virgin mobile · THE SOURCE · FUTURE SHOP · Walmart · BEST BUY · BEST BUY mobile · LONDON DRUGS · Visions Electronics · WIRELESSWAVE · booth.wireless · WIRELESS etc... · COSTCO WHOLESALE · THE MOBILE SHOP

Limited time offer. One-time activation charge ($35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Pricing is valid only on new smartphone activations on a 3-year term on a Platinum plan. Upon early termination, price adjustments apply; see your Service Agreement for details. Phone and some colours may not be available at retailers. See virginmobile.ca for details and restrictions. Screen image simulated. Member Benefits subject to change/cancellation at any time without notice. © 2013 Research In Motion Limited. All rights reserved. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. RIM assumes no obligations or liability and makes no representation, warranty or guarantee in relation to any aspect of any third-party products or services. Certain other product names, brand names and company names may be trademarks of their respective owners. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.

Thirteen-year battle

## Feds appeal ruling on Indian status

The federal government will appeal a landmark Federal Court ruling that would vastly expand the ranks of people considered Indians.

After more than 13 years of legal wrangling, the court ruled last month that Métis and non-status Indians are indeed "Indians" under a section of the Constitution Act.

On Wednesday, Aboriginal Affairs Minister John Duncan said the ramifications of the decision demand a ruling from a higher authority. He added the services provided to aboriginals must be fiscally sustainable. THE CANADIAN PRESS

# Cost disparity. Senators urge tariff review to help match U.S. prices

A Senate committee says Ottawa should launch a comprehensive review of tariffs as a way of narrowing the price gap between Canadian and U.S. consumer goods.

The committee says Canadian consumers feel ripped off by higher prices in Canada, but the problem is not as simple as it appears.

A report cites factors like the different size in the market and the fact suppliers often charge Canadian retailers more than counterparts in the U.S.

But it also notes that many witnesses pointed the finger at import tariffs applied by the federal government on consumer goods, which can sometimes reach as high as 18 per cent.

Prior to the report's release, Finance Minister Jim Flaherty said the government has been looking into tariffs, particularly on consumer goods, to see if they can be lowered or eliminated.

THE CANADIAN PRESS

**Prediction**

**The report expects the price differential between goods in Canada and the U.S. to close as competition increases and more consumers become price-savvy.**

# Sexy Anne of Green Gables mortifies nation of readers

**11-year-old redhead.** Flirtatious blond teenager adorns the cover of new edition

A new image of Canada's most beloved literary orphan has Canadians seeing red, but not where they're supposed to.

A new edition of Anne of Green Gables depicts the notoriously youthful and ruddy-headed heroine as a curvaceous blond teen, sparking a fierce backlash from scholars and casual readers alike.

Critics derided the cover, saying it is a far cry from the feisty, 19th-century 11-year-old brought to life in the pages of L.M. Montgomery's classic novels.

The image appears on the cover of a Three in One edition produced by CreateSpace, a subsidiary of the Amazon group that allows people to self-publish their material.

Many readers argued the picture, which flatly contradicts many textual references to Anne's appearance, amount to character assassination.

"Anne's fiery hair, unfortunate complexion and gangly build define her character ... for she learns to cultivate ideals of inner and outer beauty," one reader wrote on the book's Amazon.com page.

Nick Mount, Canadian literature professor at the University of Toronto, suspects the photo was used in part to contravene copyright protections.

While Montgomery's text is in the public domain, the traditional image of Anne is owned jointly by the province of Prince Edward Island and the heirs to the author's estate.

THE CANADIAN PRESS

The cover image of a new edition by CreateSpace, left, meets Anne's copyrighted traditional look. TORSTAR NEWS SERVICE

Too precious

**"Messing with this particular image is asking for trouble."**

**Nick Mount, Canadian lit professor at the University of Toronto,** saying the new image nearly defaces a Canadian cultural icon.

CLEANSING...
it's like health insurance for your body
Health Insurance Policy
First Cleanse
CleanseSMART
7 DAY
Total Body Rapid Cleanse
Why You Should Cleanse
• Increases Energy
• Improves Digestion
• Reduces Toxic Load
• Reduces Risk of Chronic Health Conditions
• Improves Elimination
First Cleanse is designed for the first time or sensitive cleanser. It is gentle yet effective.
CleanseSMART is a 30 day advanced cleanse that deeply detoxifies the whole body. CleanseSMART is designed to work regardless of diet or lifestyle.
Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.
TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3
facebook.com/renewlifecanada
twitter.com/renewlifecanada
$3 Off
Receive $3 Off Your Next Purchase Of Any Renew Life Product*
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires March 31st, 2013.

Honda
WINTER PAYMENT
FREEZE
Event

# Put your payments on ice.

## Don't pay for 90 days on all financed vehicles‡.

OR

Lease the 2013 Civic DX for $178Ω per month for 48 months.
3.99%€ APR.
$1,880 Downpayment.
MSRP** $16,935.

Lease the 2013 Accord LX for $288* per month for 48 months.
3.99%# APR.
$2,200 Downpayment.
MSRP** $25,630.

Lease the 2013 CR-V LX for $289† per month for 48 months.
2.99%¥ APR.
$3,007 Downpayment.
MSRP** $27,630.

**BCHONDA.COM**

HONDA

‡No payments for 90 days offer applies to finance offers on all new 2013 Civic models, 2013 Accord models and 2013 CR-V models, purchased and delivered by February 28th, 2013. Offer available only through Honda Financial Services, on approved credit. Monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will not accrue during the first 60 days of the contract. After 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract, beginning on day 91. Offer may be changed or withdrawn at any time without notice. Dealer may sell for less. Ω Lease a new 2013 Civic DX 5MT model FB2E2DEX for 48 months. O.A.C. Monthly payment, including freight and PDI, is $178.77. Downpayment of $1,880. Total lease obligation is $16,935.84. Taxes, license, insurance and registration are extra. $0.00 security deposit due at lease inception. Offer includes $1,000 manufacturer rebate. Lessee responsible for $0.12/km for excess kilometres over 80,000 total kilometres. Dealer may sell for less. € Lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $201.83. Downpayment of $2,200. Total lease obligation is $16,878.55. Taxes, license, insurance and registration are extra. $0.00 security deposit due at lease inception. Offer includes $1,000 manufacturer rebate. Lessee responsible for $0.12/km for excess kilometres over 80,000 total kilometres. * Lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $288.00. Downpayment of $2,200. Total lease obligation is $25,630.55. Taxes, license, insurance and registration are extra. $0.00 security deposit due at lease inception. Offer includes $1,000 manufacturer rebate. Lessee responsible for $0.12/km for excess kilometres over 80,000 total kilometres. # Lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $289.83. Downpayment of $3,007. Total lease obligation is $27,630.55. Taxes, license, insurance and registration are extra. $0.00 security deposit due at lease inception. Offer includes $1,000 manufacturer rebate. Lessee responsible for $0.12/km for excess kilometres over 80,000 total kilometres. † Limited time lease offer based on a new 2013 CR-V LX 2WD model RM3H3DES. ¥2.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $289.00. Downpayment of $3,000.55, first monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $16,935 / $25,630 / $27,690 including freight and PDI of $1,495 / $1,640 / $1,640 based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE / 2013 CR-V LX 2WD RM3H3DES. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchases. ‡#¥ΩΩ€¥†** Offers valid from February 1st through February 28th, 2013 at participating Honda retailers. Dealer may sell for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

# ‘The Priestley’ comes to life

**Yuckiest flavour ever?**
Tim Hortons bakes up a batch of fictional doughnuts mentioned on television show

A sitcom gag about the ubiquitous presence of Tim Hortons has inspired the company to create an outlandish new pastry — a Timbit stuffed into a jam-filled doughnut.

A company spokeswoman says the one-time-only experiment — a photo of which appeared on its Twitter feed on Tuesday — was inspired by a recent episode of How I Met Your Mother.

The Canadian-themed episode featured a cameo by homegrown star Jason Priestley, who boasted of a self-created confection he dubbed “The Priestley.”

Tim Hortons spokeswoman Alexandra Cygal says a staff member who happens to be a fan of the show as well as a “certified culinary scientist” created the doughnut as a fun exercise.

“The day after the show aired he just came into work and decided to create The Priestley in his lab, so we had a lot of fun with it,” Cygal said on Wednesday, adding that there are no plans to mass-produce the treat. “It’s generated a lot of positive buzz and great exposure for our brand both in Canada and the U.S.”

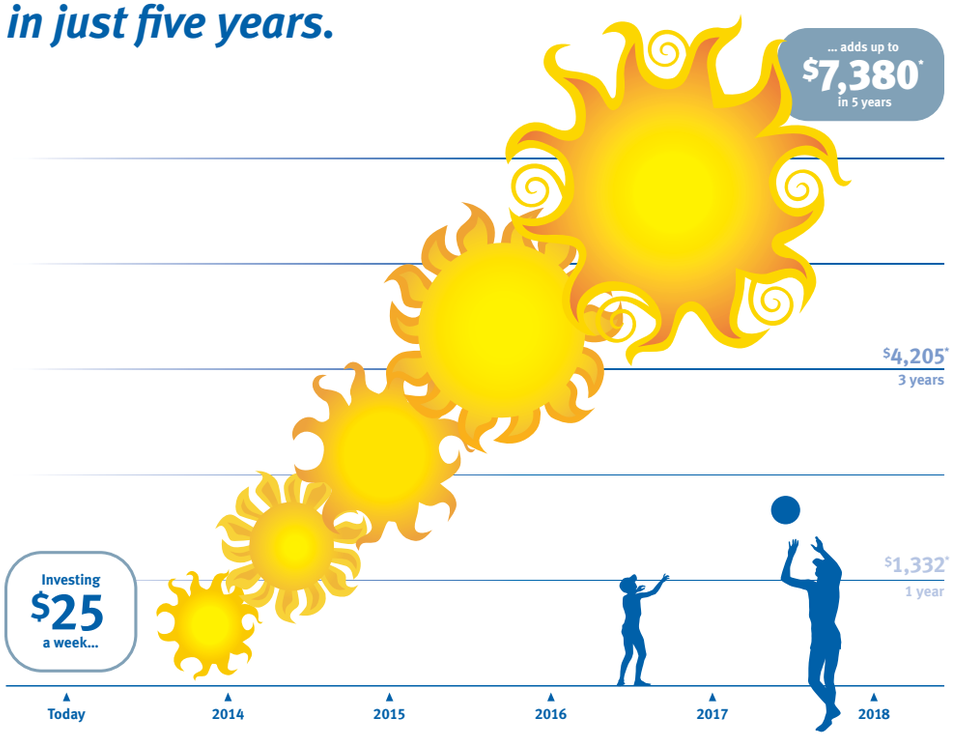
Monday’s episode of How I Met Your Mother featured a cavalcade of Canadian stars including Luc Robitaille, Steven Page, k.d. lang, Geddy Lee, Alex Trebek, Alan Thicke and Paul Shaffer.

They pop up when recurring character Barney Stinson, played by Neil Patrick Harris, travels to Canada to learn more about his Canadian girlfriend Robin Scherbatsky, played by real-life Canuck actress Cobie Smulders. THE CANADIAN PRESS

This photo from @TimHortons Twitter feed shows a one-off doughnut called “The Priestley,” which the company made after it was mentioned on an episode of How I Met Your Mother. TWITTER

RBC Royal Bank

Whisk your family away to Waikiki, *in just five years.*




Investing $25 a week is all it takes to make a family dream trip come true. Start today.

Talk to an RBC® advisor, call 1-866-808-4302 or visit rbc.com/hawaii

Advice you can bank on™

® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially.

# Tokenism. Monopoly fans vote to add cat, toss iron

Scottie dog has a new nemesis in Monopoly after fans from more than 120 countries voted to add a cat token to the property trading board game, replacing the iron, toymaker Hasbro Inc. announced Wednesday. It was the first time fans have had a say in which of the eight tokens to add and which to toss.

The results were announced after passionate efforts by fans to save their favourite tokens and businesses eager to capitalize on publicity surrounding pieces that represent their products. The shoe and the wheelbarrow had joined the iron as endangered tokens.

The online contest to change the tokens was sparked by chatter on Facebook, where Monopoly has more than 10 million fans. The vote on Facebook closed just before midnight on Tuesday. THE CANADIAN PRESS

## Stock flotation: Dead herring cost a cool $9.8M

Herring worth millions in exports are seen floating dead on Tuesday in Kolgrafafjordur, a small fjord in west Iceland, for the second time in two months. Between 25,000 and 30,000 tonnes of fish died in December and more are dead now, due to lack of oxygen in the water thought to have been caused by a landfill and bridge constructed across the fjord in December 2004. The current export value of the estimated 10,000 tonnes of herring amounts to about $9.8 million, according to Morgunbladid newspaper. BRYNJAR GAUTI/THE ASSOCIATED PRESS

**Market Minute**

DOLLAR 100.45¢ (+0.07¢)

**TSX** 12,761.59 (+15.95)

**OIL** $96.62 US (-2¢)

**GOLD** $1,678.80 US (+$5.30)

**Natural gas:** $3.43 US (+3¢)
**Dow Jones:** 13,986.52 (+7.22)

ROGERS™
authorized dealer

**ABBOTSFORD**
Clearbrook Plaza
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
2050 Sumas Way – Unit 303
604-852-5863
**BURNABY**
Crystal Mall
604-436-3110
Crystal Mall
604-718-2112
Highgate Village
604-521-3338
Lougheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
Brentwood Mall
604-320-0789
**CHILLIWACK**
Cottonwood Mall
604-858-0017
**CLOVERDALE**
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
**COQUITLAM**
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
2131-2850 Shaughnessy Street
604-941-2423
**DELTA**
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
**LANGLEY**
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
**MAPLE RIDGE**
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
**MISSION**
Mission Hill Plaza
604-820-0811
**NEW WESTMINSTER**
Royal City Mall
604-777-9906
**NORTH VANCOUVER**
Norgate Plaza
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
Capilano Mall
604-983-9744
**RICHMOND**
Continental Centre
604-279-8868
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Lansdowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
110-3031 Beckman Place
604-244-0550
**SOUTH SURREY**
Semiahmoo Mall
604-536-1010
**SQUAMISH**
38-40437 Tantalus Rd.
604-898-3025
**SURREY**
Khalsa Business Mall
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
Southpoint Exchange
604-531-2500
Newton Centre
604-599-5522
400, 15355 – 24th Ave.
604-535-8828
**VANCOUVER**
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
2097 West Broadway
604-733-3999
1295 Davie St.
604-669-7377
1027 – West 15th Ave.
604-731-1699
Pacific Center
604-801-5292
**WEST VANCOUVER**
Park Royal North
604-921-1488
Park Royal South
604-921-4880
**WHISTLER**
18-4314 Main St.
604-932-2021

ROGERS plus

**ABBOTSFORD**
2050 Sumas Way – Unit 303
604-852-5863
**BURNABY**
Brentwood Mall
604-320-0789
**PORT COQUITLAM**
2131-2850 Shaughnessy Street
604-941-2423
**NORTH VANCOUVER**
Capilano Mall
604-983-9744
**PRINCE GEORGE**
Central St. E., Unit 836C
205-562-1664
**SURREY**
400, 15355 – 24th Ave.
604-535-8828
**VANCOUVER**
2097 West Broadway
604-733-3999
1295 Davie St.
604-669-7377
1027 – West 15th Ave.
604-731-1699
Pacific Centre
604-801-5292

# They're WHITE hot & going fast.

## FOR A LIMITED TIME
GET UP TO **$100 OFF***
## ON SELECT WHITE SMARTPHONES
with select 3-yr. FLEXtab™ agreements

LTE beyond 4G GET ON THE FASTEST LTE NETWORK IN VANCOUVER[1]

CALL 1 866 895-9697 | CLICK rogers.com/WhiteSale | VISIT your local Rogers retail store

Rogers LTE network available in select cities. See rogers.com/LTE

share FRIENDS CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS CONNECT FREEDOM LIFE NETWORK CHAT TALK FRIENDS SURF LIFE TEXT FIRST FAST LIFE CONNECT CHAT ACCESS FREEDOM EXCITING FAST FREEDOM EXCITING FRIENDS

ROGERS™

Offers available for a limited time and subject to change without notice. *Savings of up to $100 off purchase of select devices with new activation before Feb. 19/13 on any 3-yr. talk, text and internet plan having min. $45 monthly service fee ($110 savings on Samsung Galaxy S III 32 GB; $75 savings on LG Optimus G 2600; $60 savings on Samsung Galaxy S III 16 GB; $50 savings on Samsung Galaxy Note 2 and Nokia Lumia 920; $49.98 savings on HTC One X; and $10 savings on BlackBerry Z10). Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. **1** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks, within Rogers LTE coverage area. LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2013 Rogers Communications.

# BORDER-CROSSING MADE EASY AS PIE (NOTE: PIES WILL BE CONFISCATED)

HE SAYS...
John Mazerolle
metronews.ca

Hello, fellow Canucks, and welcome to this special guide on how to get through U.S. customs, no fuss, no muss!

(The U.S. government advises that if you do have muss, you must say how long you have had it, where you obtained it and whether you plan to use it for business or pleasure.)

**Shhh!**

**Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."**

Sure, sometimes small hiccups can happen at the border. For instance, there was the recent case of a Canadian man who was not allowed to attend the Super Bowl because of a 1981 marijuana conviction.

(The U.S. government warns that marijuana has been proven to alter the brain, which under U.S. law is only appropriate when it involves heavy drinkers watching large men give each other concussions.)

And, yes, most of us have a friend or relative who's had trouble at the border. An ex of mine was recently denied entry because something alarmed U.S. customs officials. Keep in mind that she is a white, rail-thin woman with blond hair, a big smile and Cameron Diaz's looks, but not as threatening. Also, her passport is full of Middle Eastern stamps because she lived there for two years.

I'm here to assure you that these instances are the exception, not the norm. By following these simple tips at border crossings and airports, you can change entering and leaving the U.S. from a long and terrifying ordeal to a long and tedious annoyance.

**U.S., eh? Tips for crossing the U.S.-Canada border:**

**While you wait:**

- If you must walk through a metal detector, remember to remove shoes, jackets, scarves, belts, bracelets, underthings, fillings, false hips, glass eyes, any bodily fluids hidden in your body, your allegiance to your country and that stupid smirk on your face.
- Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

**Talking with the customs officers:**

- Remember that being a customs official is a stressful, repetitive occupation, so you should relieve the tension with a few well-timed zingers. They LOVE it! Joking with the official about how he or she is a glorified mall cop will liven up an otherwise dreary day.
- Also, show the official you are friendly and confident by finishing every sentence with "Bucko!"

**What to declare:**

- No endangered species are allowed, especially as articles of clothing. (For example, on the not-acceptable list: Elephant-tooth necklace with lion-skin shawl; acceptable: Housecoat made of house cats.)
- The U.S. considers Cuba an evil empire. If you have a Cuban cigar, be sure to label it as a finely rolled Saudi Arabian.

**Drugs:**

- If you have a marijuana conviction, you are required by law to declare it, unless you got it at a duty-free shop.
- There are only two ways to regain permission to enter the U.S. after a drug conviction: 1) obtain a pardon, or 2) score an interview with Oprah.

Those are the tips. We hope you found them helpful. By following these simple rules, your U.S. trip will be easy as pie.

(Please be advised that U.S. regulations stipulate that all pies will be confiscated. Also, if you have any ice cream and a fork, that'd be great.)

# Open-concept house for sale

**Life is plastic**

## It's fantastic: Barbie lists abode

After 41 years, Mattel's leading lady is moving out. Toy maker Mattel announced Wednesday Barbie is looking for a new home and selling her Malibu, Calif., Dreamhouse.

In her search for a new pink abode, the septuagenarian doll will make a number of worldwide appearances, including World Mastercard Fashion Week in Toronto in March to meet with some Canuck designers. METRO

**'Ken' I come, too?**

## Do you want to know what it's like in Barbie world?

Wondering what the house — which started its fictional life as a studio apartment in 1962 and has undergone 10 renovations — is like?

Mattel is letting fans immerse themselves into Barbie's world with a real-life experience, giving girls the chance to see the Dreamhouse in person.

Or, they can get a glimpse of Barbie in her reality web series that's airing on Barbie.com.

The site even allows girls to customize their own Dreamhouse.

METRO

**Icon looks to move after decades in Dreamhouse**

**"It wasn't an easy decision for Barbie to put her Dreamhouse on the market, but this move marks an unprecedented opportunity for her fans to get an inside look at her dreamy home."**

Lori Pantel,
vice-president of global marketing for Barbie

**Open house**

## Three walls equal great ocean view

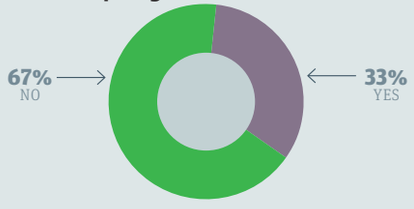
The 8,500-square-foot (measured in her heels), three-storey bachelorette compound features a spacious bedroom, three chandeliers, one elevator — in pink and with a state-of-the-art pulley system — and the best ocean view in Malibu (after all, it only has three walls).

METRO

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

## Should sperm donors be able to apply to see their offspring?




**Twitter**

**@MelissaDeGenova:** @CityHallWchVAN I put forward a motion 4 to record PB mtgs + live stream mtgs on web- Vision voted it down

**@Russostrib:** Jordan Schroeder's dad bought a box for tomorrow's #mnwild #canucks game. Schroeder's 1st #gophers goal in the X, won state title here

**@VanCanucks:** Cory Schneider will start vs. Wild tomorrow. #Canucks

**@adam_graham:** #Canucks continue to "Ride The Schneid", or in this case, start him after they've been riding Luongo to three straight wins.

**@CKstenberg:** Forging a new path in Ramenology, the study of noodle eating. http://ow.ly/hucpV #Vancouver #Ramen

**@LauraElRose:** congrats Vancouver!! priciest city in North America!! we're number 1??

metro

**President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

# JOCKEY

# BIG savings event

# SAVE 25%

ALL* JOCKEY®
women's intimates
& men's underwear
Reg. priced items only

**9.99**
Women's
*No Panty Line*
bottoms.
SEARS REG. $16

**19.99 & 29.99**
Men's *Classic* styles.
SEARS REG. $29 & $40

**BOYS' AND GIRLS'
JOCKEY UNDERWEAR
NOW AVAILABLE AT SEARS**

**SALE PRICES VALID UNTIL SUNDAY, FEBRUARY 10, 2013
FOR MEN'S UNDERWEAR AND THURSDAY, FEBRUARY 14, 2013
FOR WOMEN'S INTIMATES, while quantities last.**

*This savings offer excludes items with prices ending in .97 and currently advertised items.

NE021G212 © 2013 Sears Canada Inc.

Sears

SCENE 2

# Small Stage, big talent land at the Legion on the Drive

**Just dance.** Array of local talent comes together for three nights to share works based around the theme of love

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

I've always admired dancers. I mean, how great would it be to move across a stage in such a fluid way?

Unfortunately, I was born with the flexibility of a Popsicle stick, so dance was never on the menu for me.

Also, I can't really dance. Well, truth be told, I can dance. It's just not something you'd necessarily want to see.

Mercifully for the public at large, there are others who can do it much better.

Exhibit A: the talented dancers in Dances for a Small Stage 28, which takes place Feb. 14 to 16 at the Legion on the Drive.

It's an evening that features an array of local dancers who have created works around the theme of love.

And they'll all be performed on an 10-by-13-foot stage.

That's not a lot of room for such big feelings.

Luckily, the small stage will also feature some big talent, including works by Billy Marchenski, Alison Denham, Arash Khakpour, Clare Twiddy, Meagan O'Shea, Dayna Szyndrowski, Karissa Barry and sisters Yeva and Thoenn Glover.

There's also former Ballet BC dancer Donald Sales, who brings his new company Project 20 to the stage for the first time.

"We designed our 28th Small Stage performance in celebration of Valentine's Day and love in general," explains the show's artistic producer Julie-anne Saroyan.

"Featuring a series of pieces inspired by the emotion that has touched us all, (it) promises to be an unforgettable evening where truly anything can happen.

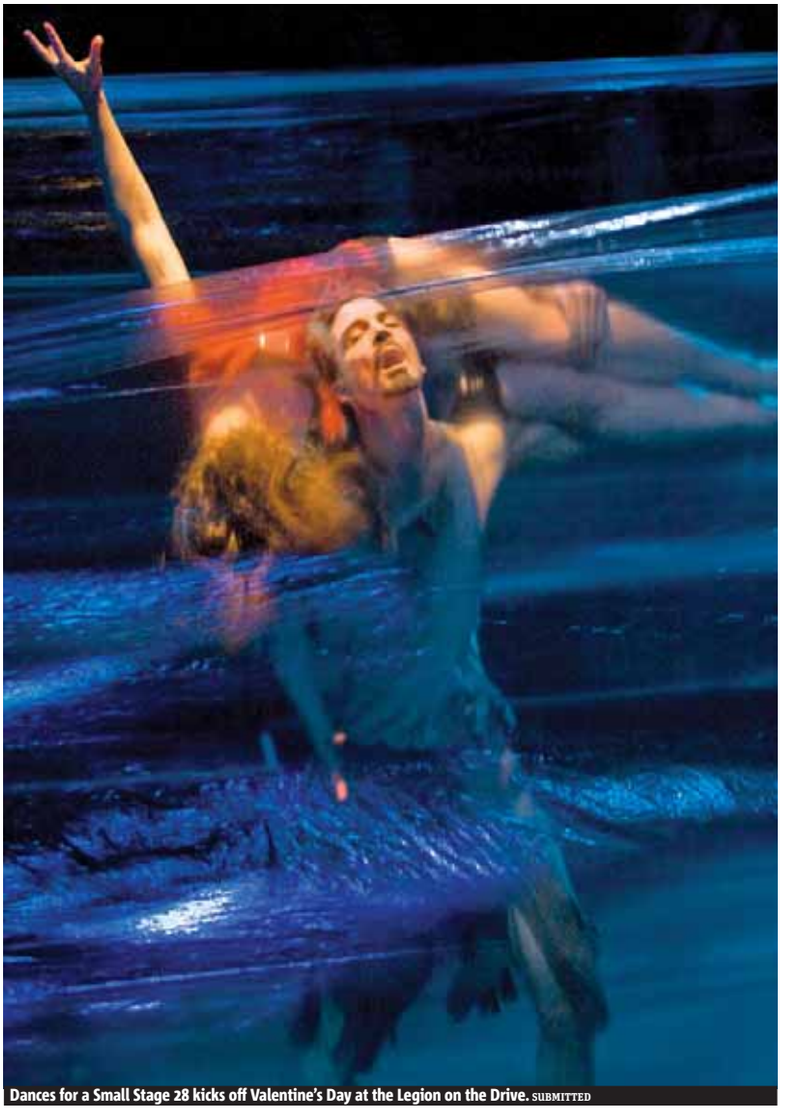
"Bring a date, grab a drink and enjoy an entertaining night at the Legion on the Drive!"

**If you go...**

- **Dances for a Small Stage.** Takes place Feb. 14 to 16. Tickets are $20 (cash only), available exclusively at the door on the night of the show (ages 19 plus).
- **Visit.** movent.ca for more information about the show.

**Magic on the stage**

**It "promises to be an unforgettable evening where truly anything can happen."**
Small Stage's artistic producer Julie-anne Saroyan



Dances for a Small Stage 28 kicks off Valentine's Day at the Legion on the Drive. SUBMITTED

Your future is bright in Business / Intl. Trade
Brighton College
"After completing my courses, I was placed for a work experience term at Ginbi International company, which decided to hire me afterwards."
- Yina Xu, International Trade Graduate
Business professionals are in high demand in BC! Have you ever thought about pursuing a career in Export Sales or Marketing? Start with our fast-tracked Business Administration or International Trade courses by inquiring about our immediate start dates.
Call today 604-901-5121
or visit www.brightoncollege.com

# The positive effect of playing a psychiatrist

**Interview.** Catherine Zeta-Jones speaks about what brought her back to the big screen and her connection to family

NED EHRBAR
Metro World News

Side Effects brings actress Catherine Zeta-Jones and director Steven Soderbergh together for the third time, following Traffic and Ocean's 12, and Zeta-Jones says Soderbergh knows the secret to keeping actors coming back.

"He rubbed my feet when I was pregnant in Traffic. That's the only reason why I keep coming back," she says with a laugh.

"He looked after a pregnant woman so well, I just knew I'd always be in good hands."

Of course, it takes more than foot rubs to get Zeta-Jones interested in a project. Over the past few years, she has focused on her home life following husband Michael Douglas' battle with cancer.

"I love my job, but it takes me a lot to leave my kids, leave my husband and leave my dogs," she says.

"I find it really hard to leave my children. I think that I'll never get these beautiful, formative, delicious years back, and it takes me great thought and what is it that I want to leave my kids and my husband for? And this obviously was a must for me. I'd pretty much do the phone book with Steven if he asked me, just read it in three different languages — French, Welsh and English."

There was one other element of Side Effects that had a can't-miss appeal for Zeta-Jones, and that was the chance to tackle playing an accomplished psychiatrist.

"I'm actually thrilled that Steven cast me as a doctor because I never went to college, and I always wanted an M.D. after my name," she says. "I'm really quite flattered that he fulfilled my mother's dream."

There are other gigs beckoning Zeta-Jones away from home, too.

She just wrapped filming on Red 2, the sequel to the 2011 action hit starring Bruce Willis and Helen Mirren, and she'll be on stage later this month at the Oscars for the awards show's tribute to musicals from the past decade, including Chicago, for which Zeta-Jones won an Oscar.

"I'm absolutely terrified. I don't quite know the exact capacity in which I will be (involved)," she says.

"I'll be there, put it that way. I don't quite know what I'll be doing. That will be fun."

### Her husband is kissing Matt Damon

**Catherine Zeta-Jones' husband, Michael Douglas, is also re-teaming with director Steven Soderbergh, taking on the role of Liberace in the HBO movie Behind the Candelabra. The role calls for Douglas to lock lips on-screen with co-star Matt Damon, something Zeta-Jones says she's OK with.**

- **Quote.** "I've seen Behind the Candelabra and if my husband's going to kiss anybody else in the world, I'm so happy it's Matt Damon," she says. "Supposedly when Matt Damon was kissing Michael, he closed his eyes and pretended he was kissing me. He said that to Michael. Matt was closing his eyes and kissing Michael and pretending he was kissing me, and I just thought that was one of the biggest compliments I've ever had."

Catherine Zeta-Jones returns to the big screen to work with Steven Soderbergh. HANDOUT

Metro News, Just For Laughs and Jeremy Hotz Want to Get you Out of Your Misery!

JeremyHotz

YOU COULD WIN FRONT ROW TICKETS AND A TRIP FOR TWO TO JUST FOR LAUGHS BERMUDA 2014!

GO TO WWW.CLUBMETRO.COM TO ENTER TODAY!

1) Win a pair of front row tickets to Jeremy Hotz's Magical Misery Tour show at The Centre in Vancouver for Performing Arts on March 22!

2) Grand prize: a trip for two to Just For Laughs Bermuda in January 2014, including flights, a 3-night stay at the Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda!

March 22
7:30 PM
The Centre in Vancouver for Performing Arts

metro metronews.ca
Fairmont Southampton Bermuda
Just for laughs Live
HAHAHA.COM/CONCERTS

Vancouver portion of contest closes March 6, 2013. Open to Canadian residents 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) prize of a pair of front row tickets to the Jeremy Hotz Magical Misery Tour show in Vancouver, presented by Just For Laughs. Winner in Vancouver will be pooled with similar winners in Halifax, Toronto, London, Ottawa and Calgary for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to Just For Laughs Bermuda in January 2014, which includes return airfare, three nights of hotel accommodation at The Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda, valued at approximately $3,500 CAD (based upon departure from Halifax, actual value may vary depending upon time and city of departure). Certain restrictions may apply. For full contest rules, go to www.clubmetro.com.

FLIGHT CENTRE Unbeatable

Maui Air + 7 Nights
from $887
INCLUDES 1-bedroom condo-style Kihei accom.

1 866 519 5111 | flightcentre.ca

Conditions apply. Ex. Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #H02790

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga. ALL GETTY IMAGES

## Lady Gaga's weird and wonderful dressing room requirements leaked

Lady Gaga's list of dressing room requirements has leaked, and while there are more demanding celebrity singers out there — Mariah Carey comes to mind — she wouldn't be Gaga without a few eyebrow-raising items. Gaga's requests include lavender towels and hand soap as well as yellow, lavender and white roses and, according to correspondence obtained by Celebuzz, "a mannequin with puffy pink pubic hair."

Russell Brand

## Despite Stern prodding, Brand refuses to thrash ex-wife Katy Perry

During a recent visit to Howard Stern's radio show, Russell Brand got the chance to criticize ex-wife Katy Perry for dating John Mayer, but he didn't take it. "Doesn't she know that he's a worse womanizer than you?" Stern asked, to which Brand joked, "Worse or better, depending on how you view it." But Stern's prodding didn't producer any naysaying. "So help me God, Howard Stern, I will not compromise my ex-wife's vagina for the sake of ratings," Brand declared. "That woman was perfect from top to bottom." As for Brand's own love life: "I'm not dating anybody. Actually, I'd like a romance," he says. "Not so much playing the field, just going through life, doing yoga, concentrating on this TV show and trying to find a nice wife."

The Word

## *'Unflattering' pictures put Beyoncé's vanity on show*

THE WORD
Dorothy Robinson
scene@metronews.ca

On Monday Buzzfeed published a story entitled "The 33 Fiercest Moments From Beyoncé's Halftime Show" which, as the title entails, includes photos of Bey looking like the warrior princess she is. The problem? Apparently, Beyoncé and her team found some of the pictures unflattering and emailed the site to have them taken down as, god forbid, Beyoncé ever look unattractive. The email from her publicist read, "Thanks for taking my call. As discussed, there are some unflattering photos on your current feed that we are respectfully asking you to change. I am certain that you will be able to find some better photos."

The Word is reprinting one of the photos here. As you can see, it isn't the best but how in the world could a few bad shots of Beyoncé ruin her stature as an icon? They are merely drops in the ocean of Beyoncé imagery that saturate our day-to-day lives. Faces make faces, especially when you're performing as hard as she did on Sunday night. If anything, it's nice to know that she's actually a human and not some leather clad robot created by the Knowles family to make all women feel terrible about themselves.

Chris Brown

## Brown may have to redo community services due to 'discrepancies'

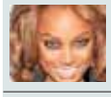
Chris Brown may have to start his community service all over again now that a Los Angeles District Attorney is alleging the singer failed to provide "credible, competent or verifiable evidence" that he fulfilled his obligation, according to the Los Angeles Times. Brown was given 180 days of community service as part of his sentence for assaulting Rihanna in 2009, and he was granted permission to complete it in his home state of Virginia. But now D.A. Mary Murray claims there are "significant discrepancies" in the reports about his service, which she says are "at best sloppy documentation and at worst fraudulent reporting." Brown's lawyer, Mark Geragos, is promising to fight back, though. "Apparently the district attorney's office has completely lost their minds," he tells the newspaper. "They are making scurrilous, libelous and defamatory statements and apparently have lost their ability to read their own reports."

Twitter

**@carrieunderwood**
A note to fellow air travelers: if you must talk SO loud, PLEASE keep the cursing to a minimum. We can't get away from you.

**@RealMichelleT**
Rules of Law & Order: if someone says, "There was this one guy.....". It's ALWAYS that guy.

**@edward_burns**
Feeling better. Flu subsiding. Getting back into bed with Scorsese. Taxi Driver this afternoon. Departed up next.



**@tyrabanks**
It's that time. "What time?", you ask. It's time to tell yourself just how fierce and fine you are.

INDULGE IN beauty
Super SPEND YOUR POINTS EVENT!
SATURDAY, FEBRUARY 9 TO MONDAY, FEBRUARY 11
SPEND 40,000 POINTS AND GET UP TO $90 OFF* THAT'S AN EXTRA $27
SPEND 80,000 POINTS AND GET UP TO $200 OFF* THAT'S AN EXTRA $64
FREE feels good Optimum
Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details.
Offer valid Saturday, February 9 to Monday, February 11, 2013 only.
SHOPPERS DRUG MART

# From admiring to hiring: Jason woos famous faces

**Wu done it.**
The one-man style super force speaks of Stephanie Seymour, styling Michelle and his signature Wuism

KENYA HUNT
life@metronews.ca

**Last month there was a rumour circulating on Twitter that your first words in English were Stephanie Seymour, who now stars in your ad campaign. Is that true?**
Not quite, but it might as well be. When I first moved to Canada from Taiwan, my mom bought me a sewing machine. I didn't speak a lick of English. I grew up speaking Mandarin. So I learned the language by reading my mom's fashion magazines. I was never the best student in school. I learned by applying what I loved. One day I was talking to my aunt, who also had a lot of fashion magazines, and I pointed out Stephanie Seymour. She was like, 'How do you know who Stephanie is?' I've worked with so many people I grew up admiring. Fashion seems to be this impenetrable, daunting industry. But for me to be able to get to where I am today speaks to how many opportunities there are for young people in New York.

**Even with the lingering recession?**
It's funny because I started during an economic downturn. I've never really experienced a good economy in that regard. It's always been a little difficult. I started my business when people were running for the hills and not buying anything.

Acclaimed designer Jason Wu moved at age nine from Taipei, Taiwan, to Vancouver. CONTRIBUTED

**You've dressed Michelle Obama for two inaugurations. How did the second one differ from the first?**
It wasn't something that I quite expected to happen. I can't say that I know so much about politics. And when I was approached the first time, I wasn't as familiar with Mrs. Obama. I felt like I was part of a moment. But with this second time, it felt more subtle. I felt like it was important for me to keep pretty private about it. I never wanted to sort of exploit the fact that the first lady has been so great to wear me on such an important occasion.

**Second time's a charm**

**What were you doing in the exact moment when you first saw Michelle Obama in her second inauguration gown?**

For the last inauguration, I was at home. But this time my staff and I were working because I have my show coming up. We were live streaming it on my computers and no one wanted to talk about it so as not to jinx it. But when we saw her, we just all let out this scream. When I first did this four years ago, I had four employees. But this year, I had 30 to celebrate with.

**In some parts of the world, you, who left Taiwan as an adolescent and have a connection to Canada, are now the face of American fashion.**
It's quite cliché in many ways, but a lot of times we talk about achieving the American dream, that you can come here from anywhere in the world, from any walk of life and succeed. And in the real world you don't think that ever happens. But my career has changed my mind about that.

**You're collaborating with Lancôme on a beauty line. And you once created a nail polish collection for CND.**
Beauty is a compliment to the clothes. In my teens I bought the Kevyn Aucoin books and used to just stare at them. They were so inspiring for me.

I've never been the person to do minimal hair and makeup. Beauty has always been a part of the design process for me. Even in my working with Hollywood actresses, I'll work with the hair and makeup. I've worked with Diane Kruger, Michelle Williams, Jessica Paré. When it's done correctly, it can create some magical moments.

**Are there any that stand out in your mind?**
Diane Kruger at the SAG Awards two years ago. We collaborated together. She wore red lips and was very high glam and high contrast. The combination of the hair and makeup and dress suited the event beautifully.

**What can you tell us about your upcoming autumn/winter collection?**
I've been working on being more confident in what I do and to create real signatures. So there's going to be a lot of signature Wuism that people have come to know me for, taken to another level. That's the whole part of brand building, to drive the point home every time you do anything. Naturally, I feel like I've grown up some.

cypress mountain.com
2 HOUR DROP-IN LESSONS starting at $59
LEARN TO SKI OR RIDE THIS WINTER AT CYPRESS MOUNTAIN!
Be inspired to start your journey on snow or polish your skills and strive for the next level! Our unique Quick Ski and the CASI Quick Ride systems will have you exploring the mountain with confidence in fewer steps than ever before. Enjoy the energized atmosphere these group lessons while experiencing the individual attention and inspired teaching.
ADULT LESSON PROGRAM
ALP is BACK! (ages 17+)
Get inspired to learn or improve with 5 days of 2 hour lessons and a Week night Bronze Oneniter Season Pass for practicing in between! The ALP is valid for any 2 hour lesson or any Adult Social lessons including North Shore Girls, Beginner Nights, Boomers, Race Nights, or Wake & Shake lessons.
Skooters (ages 3-5)
Our kid friendly and patient instructors will ensure your little ones have plenty of fun while learning to ski. Our Magic Garden features a Skooter sized Magic carpet and our brand new Magic-Go-Round Kids Carousel as well as our team of alpine animals for every step of the way.
& SOCIAL PROGRAMS
• NORTH SHORE GIRLS (Ladies Only Lessons, 19+)
• BOOMERS (50+ Lessons)
• BEGINNER NIGHTS (Beginner Lessons)
• RACE NIGHTS (Racing Lessons)
• WAKE AND SHAKE (Morning Lessons, 19+)
FOR MORE DETAILS VISIT:
cypressmountain.com
OR CALL 604.926.5612
CYPRESS MOUNTAIN IS PROUD TO PARTNER WITH:
metro THE VANCOUVER SUN CANADIAN

Soccer star David Beckham on the set of his newest ad campaign for his bodywear collection in Los Angeles. HANDOUT

# Beckham still weirded out being on billboards

**Ad campaign.** Becks talks about working with Guy Ritchie, his fitness routine and supporting his wife

David Beckham has a knack for keeping his name in the news, and his face — and well-sculpted body — in front of the cameras.

The newest ad campaign for his bodywear collection for global retailer H&M is being released on the heels of the announcement that he's joining the French Paris-Saint Germain soccer club.

The ad campaign, directed by Guy Ritchie, is more like a film short. Beckham stars as an action hero, saving the day in Los Angeles in his boxer briefs and bedroom slippers.

The 37-year-old Beckham said he's committed to this for the long haul, but is still a little startled looking up at a billboard and seeing a giant version of himself.

"No matter how many campaigns I do with H&M, I will never get used to seeing myself on billboards," he said.

"It's always a surprise to me when I see them. I'm lucky to work with such great photographers and stylists, so the images are always the best they can be."

Beckham responded to questions via email.

**One more question**

**New York Fashion Week starts Thursday, and you are often at your wife's shows. What's it like for you in the front row?**

- **Quote.** "Victoria works so hard on her collections, it's just nice to be able to go to the shows and see all that hard work come to life. I'm really proud of her, she gets nervous but it's always a great success."

**Working with Ritchie seems like a little bit of a leap into acting. Is that where you are heading?**

It's been great working with Guy. He's one of my favourite directors, and also a friend, so it was amazing to work with him on my new bodywear commercial for H&M. It was good fun playing an action hero for the day, getting to do all the stunts and ending up in unexpected situations, but acting full time is not something I see myself doing in the near future.

**Is there a movie you wish you could have starred in?**

I love Guy's film Lock, Stock and Two Smoking Barrels. It came out in 1998, which was such an exciting time to be British. I remember the attitude and energy of the film as if it were yesterday, and it went on to define so much about how British men saw themselves for years to come. But I wouldn't want to actually appear in the movie — I have too much fun watching it.

A MUST-HAVE THIS SEASON FOR PEOPLE WHO APPRECIATE GREAT TASTE.

taste matters™

SWEET & SOUR CHICKEN

/VHSteamers

VH® STEAMERS™ is a registered trademark of ConAgra Foods Canada, used under license.

# FOOD THAT TASTES GREAT, FOR THOSE WITH GREAT TASTE.

taste matters™

/VHSteamers

SWEET & SPICY DUMPLINGS

VH® STEAMERS™ is a registered trademark of ConAgra Foods Canada, used under license.

# Bring your favourite coffee shop home

Everybody knows the cost of that daily coffee you pick up on the way to work can add up to quite a bit of money each year. For Canadians who give in to the daily grind, we spend on average $700 each year for a plain cup of coffee. At this time of the year, it might be nice to save some money while enjoying our java. Invest in an at-home-brewing machine and a thermal travel mug and you could be saving hundreds of dollars a year on your morning ritual.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Not only can you save money, but you can also help keep millions of paper cups out of the land fills when you use a refillable mug. Here's a list of the machines and coffee costs (based on a five-day work week) from a few of your favourite java houses.

## Tim Hortons' Tassimo

Canada's favourite cup of java by far. Their at-home brew comes in the form of the Tassimo T-DISCS capsules and gets made exclusively in a Tassimo at- home-brew machine. The average machine price is $160 and the coffee capsule is 65 cents — that's $169 per year.

## Van Houtte's Keurig

An established coffee house in Quebec, Van Houtte is making inroads across Canada. Their at-home-brew version is from the Keurig's brewing system and capsules are called the K-CUP. The Keurig Special Edition 860 brewer machine costs $180 and the K-CUPS average 73 cents, that's $189.80 per year.

## Starbucks Verisimo

Starbucks, the big American coffee shop, has done marvels for the coffee culture in Canada and around the world. For those who criticize the dark-roast blends, they've introduced the Blonde Roast coffee, a lighter, fresher coffee bean. Starbucks has their own at-home-brewing machine called the Verisimo System, which costs $200. Their Verisimo coffee pods cost an average of $1, which will average you about $260 for a coffee before each work day.

## Timothys Keurig

A lesser know shop is Timothys, which started in Ontario and has spread throughout Canada and a bit in the United States. Their at-home-brewing machine is also the Keurig (like Van Houtte) and the B31 Brewer costs $100. Look for it in a few fashionable colours. The K-CUP capsules average 73 cents per cup, which tallies into about $189.80 per year for your morning work coffee.

## Nespresso

Here's the case of a reverse situation. Nespresso launches quality brand espresso capsule systems and it becomes so popular that they start opening Nespresso Cafés around the world. Look for them on the toniest of streets in major Canadian cities. The fancy Nespresso Grand Maestria machine costs a whopping $800, capsules average 60 cents each or $156 per year. It's all about exclusivity and prestige with this brand.

# It's the thought that counts: make your V-Day eco-friendly

**What are the greenest flowers to choose for Valentine's Day?**
**- Mark, Calgary**

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

There is no more ubiquitous symbol of love than the Valentine's Day bouquet. But nothing says "I love you" quite as dismally as a pesticide-laden bouquet of flowers, grown by children in a country far away, under hideous working conditions. It's sort of a turnoff.

Luckily, your valentine blooms can plant the seed for long-lasting happiness when you choose fair-trade flowers or potted plants.

Fair-trade flowers are available from major retailers like Choices, Whole Foods and Thrifty Foods. Other florists may also have fair trade or local options available by request. If not, point them toward buds certified by one of three organizations: Fairtrade Canada, the Rainforest Alliance and Veriflora.

Although there are subtle differences between certifiers, they all provide similar assurances to the buyer and benefits to the grower.

A fair-trade bouquet or live plant is the best option for a green Valentine's Day. ISTOCK IMAGES

These include restrictions on certain agrochemicals, equitable wages (often double the standard) and a firm commitment to avoid child labour.

Fair-trade certification is a huge step toward showing your Valentine you care about her or his health and the world.

But it doesn't guarantee that the flowers you're giving are completely free of harmful chemicals. This is because no one tests imported flowers for chemical residues.

To shoot Cupid's arrow really straight, look for live flowers. Something that grows is an enduring symbol of your love, one that's infinitely more romantic than a short-lived burst of colour that dies within a few days.

A locally grown, pesticide-free plant is a great choice. Many household plants produce impressive flowers, with the added benefit of increasing the air quality in your home.

Or, for a fresh twist on the flower-giving tradition, surprise your garden-loving valentine with a thoughtful selection of spring seeds or bulbs.

Whether you choose a fair-trade bouquet or a beautiful live plant, your gal (or guy) will be romanced by the care you put into choosing a valentine that's as good for the world as it is thoughtful!

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

**Hygiene**

It's simple — wash your coffee and teapot after every use. ISTOCK IMAGES

## *Cleaning not your cup of tea?*

**I never know if you're supposed to wash a coffee and teapot with soap and water after each use?**
**-Jen, Calgary**

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Some people suggest that by not washing a coffee or teapot, you actually enhance the flavours of the beverage. The oils of the coffee or tea stay in the pot and this helps with the flavour. My concern is that if you don't wash a coffee or teapot correctly, then the natural oil residue can become rancid and this definitely affects the flavours and can potentially make you sick.

The answer is simple. From a hygiene perspective, you must wash the coffee or teapot after each use.

Ensure that you rinse it out well after you have washed it to ensure that you don't leave any soap residue in the pot. When you do wash these, use a simple, soft cloth, with a PH neutral dish soap. Remember not to use too much soap.

This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&O.E.

## WELCOME HOME TO GRAND STYLE

Jim Bosa's model community spares no expense, starting with Stratus' grand lobby entrance that soars 3 storeys high. Designer details of the highest standard in every home – 9 foot ceilings, imported Italian Armony Cucine kitchens, and central air conditioning – are only to be found at SOLO District. This is a truly outstanding place to call home.

**GEOTHERMAL HEAT EXCHANGE SYSTEM · PANORAMIC VIEWS · STEPS TO SKYTRAIN – DOWNTOWN IN 20 MINS**
**WHOLE FOODS MARKET · MASTER-PLANNED COMMUNITY FEATURING 4 ICONIC TOWERS – 1400 HOMES**

## SOLODISTRICT.COM

604.298.8800 LOUGHEED & WILLINGDON

GREAT SELECTION OF HOMES UNDER $325,000

FORTIS BC™ magnum projects ltd. APPIA DEVELOPMENT
BUILDING ON THE BOSA LEGACY

# The next stage of green: Pre-made homes

The exterior of a modern prefab house in Seattle. The home, created by Seattle company Greenfab, was the first platinum LEED-certified prefab home in Washington state. THE ASSOCIATED PRESS PHOTO/GREENFAB

**Prefab.** Building homes off-site has many advantages

So much of what is in our homes these days is factory-made — toasters, furniture, toys — but not the homes themselves.

Most are still built on-site as opposed to being prefabricated and trucked in. That doesn't make sense, says Sheri Koones, author of four books on prefab housing, including the new Prefabulous and Almost Off the Grid: Your Path to Building an Energy-Independent Home (Abrams).

"Would you want your car to be built in your driveway?" says Koones, of Greenwich, Conn. "Of course you wouldn't. You want your car made in a climate-controlled factory by skilled professionals on an assembly line. Wouldn't you want the same thing for your home?"

Prefab housing, a concept that's been around at least since Sears and other companies introduced mail-order kits in the early 1900s, generally refers to factory-built modular and panelized housing.

They are built to the same code as traditionally built homes, with additional structural requirements to make sure they withstand being transported.

Depending on the home's size, multiple pieces (or modules) are delivered to a site and secured together onto the foundation in a matter of hours.

Prefab homes are typically 60 per cent to 90 per cent complete at the time of delivery, but often require an additional two or three weeks for finishing touches.

By contrast, mobile homes, which carry much of the stigma against prefabricated housing, are built to a more lenient federal code, arrive on their own wheels, depreciate quickly and are not generally zoned for urban use.

Because modular prefab homes are indistinguishable from site-built homes, they have become increasingly popular, pushed by the growing interest in green building.

"Prefab homes are much more efficient and environmentally friendly. There is so much less waste in the manufacturing process. Any excess materials can be recycled into other homes or sent back to the manufacturer instead of ending up in a dumpster," Koones says. "Because the materials aren't exposed to the elements, prefab houses avoid problems with mould, rot and bacteria."

She also cites worker health and safety as a benefit to building homes off-site. "Prefab construction professionals can work year-round, indoors, without being exposed to the elements."

Still, some consumers remain unsure of what a green home built off-site would entail.

Greenfab, a Seattle company, recently used a newly built prefab home as a teaching tool. After producing the first platinum LEED-certified prefab home in Washington State, Greenfab opened the modern house to the public for three months.

School groups, builders, buyers and non-profit groups toured it.

"People in the neighbourhood just saw a foundation in the morning, and came home to find a completed house," says Johnny Hartsfield, founder and president of Greenfab. "Our main goal as a company is to educate the public on the benefits of green and prefab. "

He also lists cost as a reason to go prefab. Since the homes are pre-designed, he says, there are no architect fees, time delays or cost overruns.

"Site building is loud and stressful," Hartsfield says. "We want to make building your home more exciting and fun — we don't want you to hate it or get divorced over it."

THE ASSOCIATED PRESS

# Simple steps to cut energy bills this winter

**In the home.** Plug leaks, unplug appliances are just two ways to save money but not comfort and lifestyle

With a nearly 90-year-old house in Rye, N.Y., Melanie Cadenhead spends a large part of every winter being cold.

The temperature inside usually drops right around Thanksgiving, and Cadenhead pulls out her sweaters. Having shelled out about $1,000 a month last winter trying to warm up the place, she does not plan to crank the heat any higher this year.

"I'll just sleep in one of those Daniel Boone hats with the ear flaps," she says. "Winter is not my friend."

Modern living does not have to be that hard, energy efficiency experts say.

They cite a host of simple ways to cut energy consumption without sacrificing comfort or lifestyle. From sealing air leaks to unplugging cell-phone chargers, these recommended improvements don't require big-ticket purchases like windows or air or heating systems (although those may be necessary in some cases).

Many energy-saving moves are so inexpensive, relatively speaking, that they quickly pay for themselves.

Unless you're living in an ultra-modern, ultra-energy-efficient home, the only way to reign in those utility bills is to first show your home a little love. Sealing air leaks — primarily gaps in construction — and upgrading insulation are the No. 1 ways to nip energy waste, says Scott Stefan, a home energy auditor for Elmsford, N.Y.-based BrightHome Energy Solutions.

Air leaks, often found around foundations, pipes, recessed lights and chimneys, can be easily identified and sealed; many states have programs that contract with people like Stefan to help you find the source of the problems.

But even sealing your house nice and tight (while still leaving enough airflow for proper ventilation) won't really do the job if your insulation has stopped doing its job, Stefan says. Warm air can escape right through insulation that's been in place for 25 years or more.

"We all recognize that we have to replace our cars and computers, and people love to do that," he says. "But most people have really old insulation — and it's really beaten down and it's not doing them any good."

An energy-efficient fluorescent light bulb in use in a home in Mamaroneck, N.Y. JACQUELINE SILBERBUSH/THE ASSOCIATED PRESS

**Quoted**

**"American homes are built for cheap energy and we are not in the cheap energy era anymore. Almost every home you go into is badly insulated and leaks a lot of air."**

Scott Stefan, a home energy auditor for Elmsford, N.Y.-based BrightHome Energy Solutions

The cost of sealing leaks or updating insulation varies greatly depending on where you live and the complexity of the job. But "the energy you save from doing this work will more than cover the cost of the work itself," Stefan says.

Such steps tend to be considerably cheaper than, for instance, replacing leaky windows, another energy-saving step. That could run into the tens of thousands of dollars — although it often could be avoided simply by hanging storm windows in the winter, experts say.

As for light bulbs, Stefan says, only 6 per cent of the electricity drawn by traditional bulbs is turned into light. The rest becomes heat.

"It is a very inefficient technology — and it should be. It was invented in the 1800s," he says.

Today's light bulbs can provide energy savings of up to 75 per cent and last 10 to 25 times longer than traditional bulbs, according to the Energy Department.

"This is not political or ideological," Stefan says. "It's plain old common sense." THE ASSOCIATED PRESS

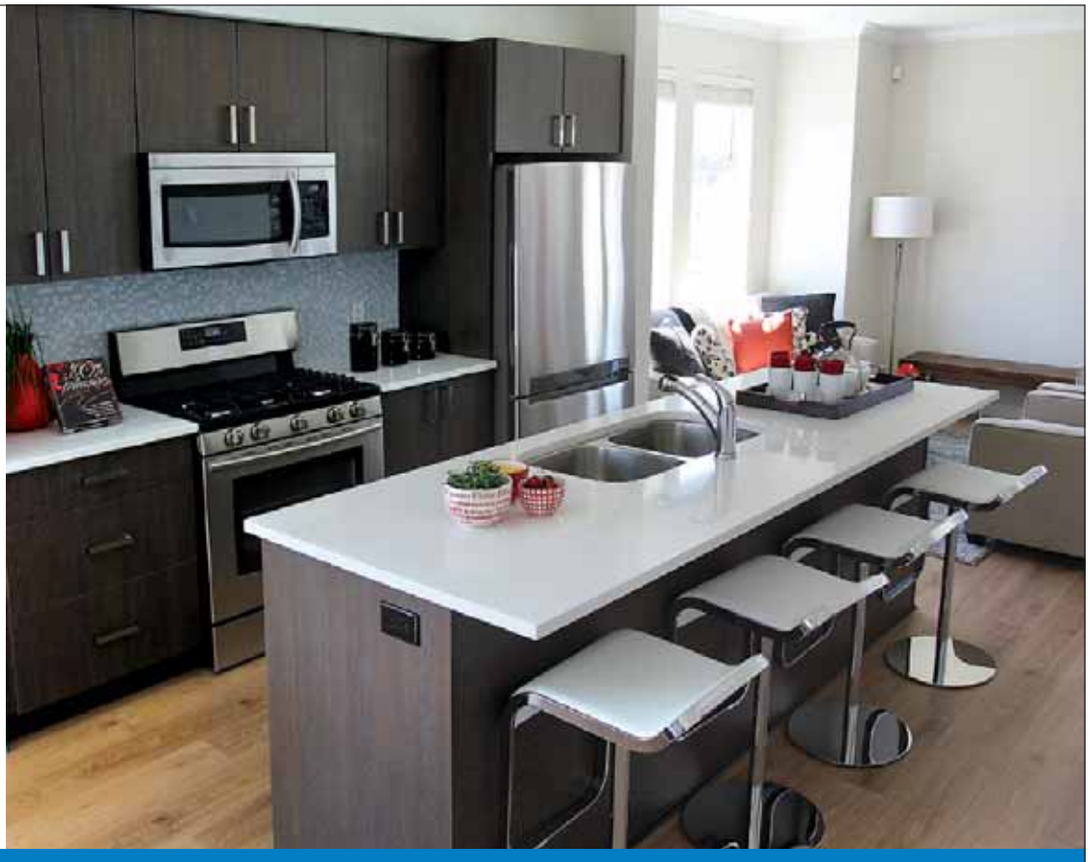
THE FIREPLACE WAREHOUSE
SALE PRICED $1,324 Regular $1,624
ASK ABOUT 25% OFF Basic Installations
THE FEATURE FIREPLACE SALE!
EVERY TWO WEEKS, A NEW FIREPLACE IS ON SALE.
RIGHT NOW WE ARE FEATURING THE BCF36.
The BCF36 is a flush-front, clean-face fireplace that is only 13" deep. It's perfect for new home and renovation applications!
thefireplacewarehouse.ca
#105 - 11091 Bridgeport Rd, Richmond • 604-231-8923
#105 - 14772 64 Ave, Surrey • 604-572-7944
3054 St John's St, Port Moody • 604-461-5656
Monday to Friday 9 am - 5 pm, Saturday 10 am - 4 pm
MADE IN CANADA
Savannah Heating Products Ltd.
LENNOX
All Lennox products installed by Northwind Heating
VERMONT CASTINGS
MAJESTIC
Big Green Egg
NAPOLEON
CONTINENTAL FIREPLACES

NOW SELLING!

# ENGLISH MEWS 2

Welcome to English Mews2, a collection of 2 & 3 bedroom townhomes located in the Queensborough community, centrally located in the heart of Metro Vancouver. Easy walking distance to transit, Queensborough Landing Outlet Stores, Schools, Parks and so much more. Starting at only $329,900.

#10-1135 Ewen Avenue
New Westminster
Open Daily from 12 - 5 pm (except Friday)
t: 604.517.1688
**www.englishmews.com**



Marketing by
**Bob Sethi** Personal Real Estate Corporation
www.bobsethi.com
RE/MAX Westcoast. Each office independently owned and operated

Developed by
**Tien Sher Group of Companies**
www.tiensher.com

*Subject to qualification. See sales team for details. Developer reserves the right to make changes and/or modifications without notice. E. & O.E.

# Quattro3

be connected

Only two months left for first time buyers to take advantage of an **additional $10,000 grant** from the Provincial Governments HST rebate program. Quattro3 is complete and ready for you to move into today. Come in and let us find the perfect home for you!

Quattro Discovery Centre:
Located at 127-10788 Whalley Blvd, Surrey
Open daily Noon - 5 pm (except Friday)
Tel: 604.581.8000
**www.quattroliving.com**

TIEN SHER GROUP OF COMPANIES

*Subject to qualification

# Move in now.

## Homes from $159,900

# Keep Old Man Winter out of your home

**DIY ideas.** Is there a draft inside your house? Here's some tips to deal with a chilly problem

Winter seeping in through your windows and doors is not a comfortable feeling for you or your pocket book. Though Josh Temple of DIY Network's House Crashers may not ambush you this weekend at the big box store to fix your draft issue himself, here are some tips to keep the hot air in and cold air out.

Heating your home is expensive. Fix any drafts before your money goes out the window. ISTOCK IMAGES

**Finding the Draft**

Tour your home, feeling for drafts by windows, floor boards and fireplaces. If you can't feel the draft through touch, try burning an incense stick and holding it where you think the issue is — you will either notice the smoke blow or be sucked in a certain direction. Post sticky notes around the areas where air escapes until you finish.

**Blocking the Draft**

Sometimes the caulking around doors, windows and floor boards wears down over the years. Simply purchase clear or paintable caulking and go over these areas in your home.

Local hardware stores will carry weather stripping at a budget friendly price. Exterior doors are always the main culprit when it comes to drafts, but can easily be fixed with these self-adhesive strips. Cut the strip and apply it to the bottom of the door frame and along the sides. The same method can be used for attic hatches. Cut the strip to fit the size, set and press it in place. Weather stripping can be used on windows for larger cracks, but caulking is a more efficient idea.

Keep in mind that weather stripping may need to be replaced next winter.

If your fireplace is no longer in use, though expensive, capping your chimney is your best solution because 30 per cent of your heating bill escapes out of the chimney. If you don't use your fireplace as often, a chimney balloon is a great investment. Simply remove it when you're ready to use the fireplace and put it back in when you're not. Remember, chimneys and vents should be inspected once a year.

**Make it Annual**

The cost of heating your home rises every year, so it is important to check for drafts and fix them as soon as possible before all of your money goes flying out the window.

**HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA**

SMALL PRICE.
new homes from $109,900!

COMING SOON

Welcome to Balance, a collection of 56 boutique homes centrally located in the Gateway district of Surrey.

BALANCE

liveatbalance.ca

TIEN SHER GROUP OF COMPANIES

This is not an offering for sale. Any such offering may only be made with a disclosure statement. E&OE.

# YALETOWN IN PERFECT DETAIL

From award-winning iconic developer Nat Bosa

An exclusive collection of ultra spacious concrete homes luxuriously reinvented

A coveted waterside address in Yaletown's most sophisticated enclave

Commanding views of False Creek and sparkling city lights

NAT BOSA VALUE ASSURANCE
BOSA DEVELOPMENT

**PRIORITY REGISTER**

**PACIFIC**POINT**CONDOS.COM**

604 685 0855

magnum projects ltd

THE BOSA LEGACY

This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&O.E.

# Dollhouse decorating: fun, green, inexpensive

**DIY for kids.** The trend, which embraces projects in electronics, engineering and crafts, dovetails nicely with the mainly girl-driven activity of decorating

In a kids' entertainment world of expensive game systems and disposable plastic toys, there is an alternative: Make something. Play with it.

An abundance of room-decorating games appears online; Girlsgogames.com has at least 30 games in which a bare space — a witch's house, say, or a Chinese palace or a baby nursery — can be revamped.

Making or redecorating an actual dollhouse in the real, not virtual, world isn't as easy as clicking on colours and furniture; it takes time, creativity, and patience. The reward? It actually exists.

My girls' dollhouse, a $5 yard sale find, has four tall rooms and an attic. Currently, the store-bought Barbie furniture mingles with repainted wooden furniture and sits on rugs made from origami paper and fabric scraps. The walls are covered with contact paper or scrapbook paper or, in one case, white printer paper. That wall is a "doodle wall," my eight-year-old recently proclaimed. "I wish I lived in this house," she added.

The house has fulfilled many fantasies: It has contained traditional bedrooms and living rooms, boutiques and cafes, playgrounds and kennels, depending on the current interest of the decorator. We sit down with whatever paper and fabric we have around, occasionally raiding the magazine rack or the bag of outgrown clothing. I can participate without directing; I just take a room. I have my own bathroom renovation dreams.

Angela Holton of Larchmont, N.Y., also got a dollhouse started and watched her daughter run with it. They wanted a bed; she and her 5-year-old made one from some cardboard packing material. A scrap of fabric became a blanket; finally they needed a pillow and thought of cotton balls. Each idea led to the next.

"I was teaching my kids to look at objects and think of different ways they can be used," says Holton. "It was like found art."

Her daughter quickly began spotting objects around the house that could be repurposed.

Making furniture and decorating rooms can be a very "green" project. FamilyFun magazine regularly shows easy-to-make dollhouses out of recycled boxes and furniture out of egg cartons.

Decorating a dollhouse "helps kids to be creative, resourceful and make things with their hands, which are skills that are so important in this digital era especially," says FamilyFun editor-in-chief Ann Hallock.

LAURA JOFRE/THE ASSOCIATED PRESS

**Quoted**

**"With school art programs being cut and less time in the curriculum for open-ended thinking, many moms are especially looking for projects and ideas that can help encourage these skills at home. So anytime we run a project that makes it easy for kids to be creative and make things with their hands, we get a big response."**

FamilyFun Editor-in-Chief, Ann Hallock

Laura Jofre's daughter stands with her dollhouse, currently an eclectic collection of Barbie furniture, painted wood furniture, fabric floors and doodle wall. LAURA JOFRE/THE ASSOCIATED PRESS

# Are your kids ready for moving day?

The home buying process can be overwhelming, especially for people with children.

"From mortgages to movers, there is a lot to consider when buying a home," says Ron Abraham, president of the Ontario Real Estate Association.

"Homebuyers with children need to think about what is in the area, like schools, daycares, libraries, parks, recreation, and if their location of choice is generally family friendly. A local Realtor is a great resource in the home buying process, as they are familiar with nearby amenities and can help find the right home in a neighbourhood that suits the needs of everyone in the family."

To help get children excited about a move, Abraham recommends that parents include kids in the home buying process by having them look at listings for homes and asking them to make a wish list of must-haves for the new home and neighbourhood.

"Moving can be tough on children, but parents can help make the process easier by planning for it in advance," says Abraham.

He recommends these additional tips to parents planning a home move:

- Visit local parks and recreation centres in your new area to give kids an opportunity to meet new friends.
- Stick to a normal routine as much as possible on days leading up to and following the move.
- Unpack the kids' rooms first.
- Talk to the kids about their feelings on the move and help them collect email addresses/phone numbers from friends in their old neighbourhood so they can stay in touch.
- Take lots of photos of your old house and neighbourhood and plan a goodbye party with all of your old friends.

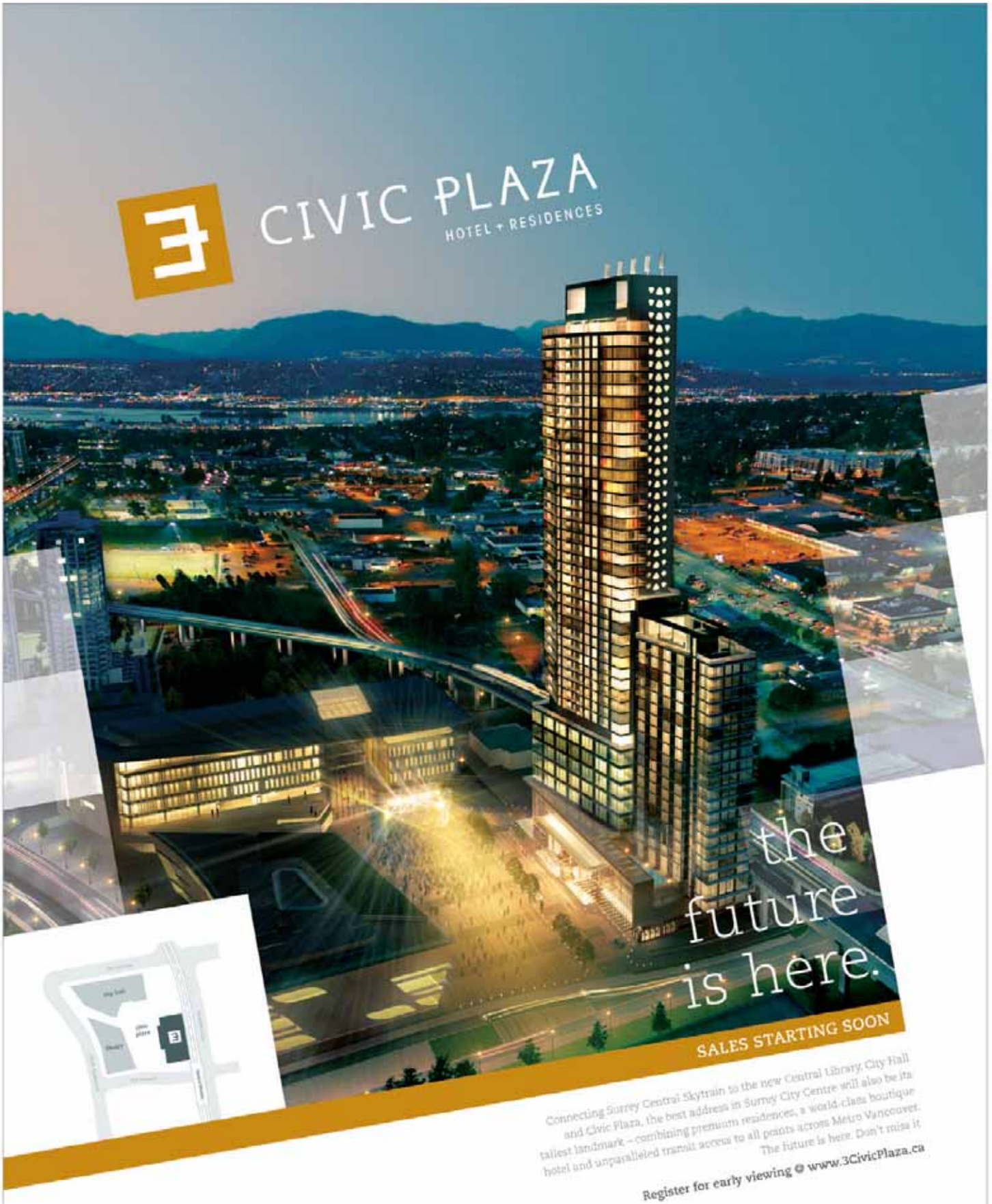
NEWS CANADA

Moving can be tough on kids — especially if they are doing all the heavy lifting. NEWS CANADA

## *Title insurance for extra protection*

Selling a home can be a rollercoaster ride of excitement and frustration, usually ending when an offer is accepted. Unfortunately, frustrations can arise when problems are discovered with a home's title — such as outstanding work orders no one knew about or questionable property access rights. However, the selling homeowner may already have the solution to these problems — in the form of title insurance.

"Title insurance provides coverage against problems that could affect ownership or the marketability of the property," said Ray Leclair, vice president of public affairs at LAWPRO. "It's a one-time purchase, made through your real estate lawyer, that protects your legal ownership of the property for as long as you or your heirs own it." NEWS CANADA


CIVIC PLAZA
HOTEL + RESIDENCES
the future is here.
SALES STARTING SOON
Connecting Surrey Central Skytrain to the new Central Library, City Hall and Civic Plaza, the best address in Surrey City Centre will also be its tallest landmark – combining premium residences, a world-class boutique hotel and unparalleled transit access to all points across Metro Vancouver. The future is here. Don't miss it.
Register for early viewing @ www.3CivicPlaza.ca

# Sports season is here! Can your laundry keep up?

**Cleaning up.** Quick tips to gear up for an active fall sports season

After school activities have started to pick-up, especially fall sports leagues.

It's the time of year the family depends on mom the most. In a family with multiple sports teams and endless practices dirty team uniforms can pile up fast.

**Stick to cold water**

Your child will shine brightly on the field on game day with a crisp uniform and the confidence to go with it.

Keeping sports uniforms bright and vibrant over time is easy with the right tools. Cold water cycles keep colours bright, limit fading, and use less energy than a warm water cycle, helping your family save money.

**Become an MVP stain fighter**

Stains on sports gear are inevitable so it's a good idea to familiarize yourself with effective treatments.

Grass stains are the toughest and can require a pre-wash scrub with a brush, while mud stains do well with a quick pre-soak. However, with hectic family schedules, there isn't always time to pre-soak grass, dirt and juice box stains in expensive stain removing cleansers.

**Use a sports detergent**

Pay attention to the fabrics you are working with.

Certain sports uniforms, especially the lower level spandex worn under uniforms, are designed to trap sweat. Switching to a sports-specific detergent that's designed to target sweat, dirt, stains, and odour left on sports gear will lengthen the life of these garments.

**Separate sports gear to stay organized**

With hectic practice and game schedules, organization is key. Consider having a separate space in your house for sports gear and clothing so you can keep dirty clothes separate from clean ones.

After a game or practice have your child unload and air out their gear — it'll be easier for you if this space is near the laundry room. That way, you can clean their uniforms overnight and put them right back in the sports bag the next morning.

The home team is depending on you and with these tips, you'll be sure to lead your family to fall sports season victory.

NEWS CANADA

The fall sports season is a tough time for kids' laundry. NEWS CANADA


HIT THE SLOPES TONIGHT AND SAVE!

Metro and Cypress Mountain invite you to ski or board tonight and save 25% off of your lift ticket. Simply cut out this ad and bring it to the Alpine area at Cypress Mountain anytime after 2 p.m. today!

Sign-up and you could win Cypress Mountain lift tickets at www.clubmetro.com

VISIT clubmetro.com TO ENTER

Your ticket to the mountain!

Exchange this voucher on the mountain at the Alpine Ticket Office.

Valid after 2 p.m. to close TODAY ONLY - FEBRUARY 7

cypress mountain.com

Limited one per customer. Not valid with any other offer.
Must have original coupon.
Not valid with any lesson package.

sp: metro ski Photo provided by Cypress Mountain


# Find a star contractor for your job

Amy Matthews HOMEADVISOR

MARY ANN GEORGANTOPOULOS
Metro World News in New York City

When it's time to re-do your kitchen, you likely won't be hammering in the new cabinets — that's the contractor's job.

While Amy Matthews was promoting the launch of HomeAdvisor, a website that matches home owners to home improvement contractors, the licensed contractor and host of DIY Network's Sweat Equity and Bathroom Renovations offered tips on how to find the best person for your project.

**Hire a legitimate contractor**

"You have to know they're licensed and insured," Matthews says about finding a dependable contractor.

"You want to make sure you're getting someone good from a reliable source." She suggests using tools like HomeAdvisor's Pro Finder, which does background checks on all contractors in its database.

**Find someone you like**

Matthews suggests meeting with two or three contractors.

If they're all pricing the project around the same range, she recommends picking the one you get along with best.

"There are so many decisions to be made. You'll be calling them, they'll be calling you, so you need to have good communication or you'll be stressed out."

**Communicate your schedule**

Touch base regularly with your contractor about any scheduling issues that might arise.

"If your contractor can't start because a product didn't arrive, they're going to take that other job," Matthews says.

**Put it in writing**

Before starting, it's important to have a written agreement with a contractor for how long the project will take, Matthews advises.

"You should never give more than 30 per cent up front," she says. "Thirty per cent should be given midway through and the remaining per cent upon completion."

**Know what you want**

When planning a renovation, know exactly what design you want before hiring a contractor.

"The best thing you can do for yourself is research," Matthews says. "If you start your project and you're still designing in your mind, it's going to cost you a lot more."

NEW
HOMES
RELEASED

# ALTITUDE

ON BURNABY MOUNTAIN

BETTER LIVING UP HERE.
PREMIUM CONDOS FROM
ONLY $299K

EXPLORE ALTITUDE

HUNGERFORDGROUP.COM | 604.456.8883
SALES CENTRE | 8955 UNIVERSITY HIGH ST. BURNABY

VALENTINE'S DAY!
*gift guide*

Switch things up this Valentine's Day by trying something different. Below are a number of fun date options for you and your honey. ISTOCKPHOTO/THINKSTOCK

# Dates are a many-splendoured thing

ASTRID VAN DEN BROEK
For Metro

So maybe you didn't score a reservation at the restaurant of your dreams. Or perhaps you are looking to do something different or something new. If you want to switch things up this Valentine's Day, here are 10 fun date options for you and your honey.

**1 Karaoke.** "You can do this whether you just started dating or if you've been together for a long time," says Kim Hughes, singles and dating expert for the Toronto-based online dating site Lavalife.com.

**2 Take in a pub.** "Visit an old timer's bar — every neighbourhood has one — and have a pint and play darts," Hughes said. "It takes the pressure off of the date and you're not going to have to hand over your wallet at the door to go in."

**3 Go bowling.** Better yet, if you are a new couple and aren't sure where the relationship is going, grab another couple or two to go along with you and team up, Hughes suggested.

**4 Revisit.** "If you did something on the very first date you went on, do it again and go down memory lane," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

**5 Move together.** "Take a dance lesson together or go to a salsa or meringue dance club," says Kateryna Spiwak, a Toronto-based dating and relationship coach. "Or you could go bowling together or play Ping-Pong for fun."

**6 Make it a threesome.** No, not like that. "Have dinner at home and bring in a massage therapist to come by to give you massages," Spiwak said.

**7 Make the most of winter.** If the lucky two of you have the afternoon or day off, hit the slopes for some skiing and après-skiing cocktails, dinner and snuggling. Don't ski? Try tobogganing or snowshoeing.

**8 Think themed.** If you are in a big city, visit your local museum to take in an Asian exhibit and follow that up with a Thai, Chinese or Japanese dinner.

**9 Bring dinner home.** Rather than heading out to a packed restaurant with its equally jammed reservation schedule, hire a chef to cook dinner in your home. "Or hire someone to come in and play music for you while you're having dinner at home," Spiwak said.

**10 Pretend it's prom.** Spring for a limo to take a drive through your city or to take you from your home to cocktails to dinner.

## Cost-efficient dates

**No money? On a bit of a budget? Here are a few cost-efficient options for date night.**

- Go for a skate (or toboggan ride). Assuming you have your own gear, including sharpened skates or toboggan, head out for some free winter fun.
- Make dinner at home. "There's no need to make anything elaborate and it's much more fun when both of you are participating," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.
- Explore together. "Go enjoy a new part of your city or town that you're not as familiar with," suggests Kateryna Spiwak, a Toronto-based dating and relationship coach. "And if it's in your budget, have dinner in that area, too."
- Take a hike. "People often hike on the weekends together, so if you have the day off go for a hike through a nature preserve or valley area," Spiwak said.
- Make it movie night. PVR a movie ahead of time and uncork a bottle of wine for a movie night at home.

7 shopping days left

EBO RESTAURANT
CRAVE. INDULGE. OBSESS
Valentines Weekend in EBO
February 14th to 17th, 2013
Enjoy a 3 course menu for $42 per person
Visit www.eborestaurant.com for full menu details!
Make Your Reservation Today 604 453 0788

DELTA BURNABY
Need a night away?
Call 604.453.0755 or
visit www.deltahotels.com for more details!
Follow up on
Delta Burnaby Hotel and Conference Centre 4331 Dominon Street Burnaby BC

ADORE
By Standout Boutique
VALENTINE'S
Jewellery, Accessories, Chocolate & Gift show
3102 Main St
@ Heritage Hall
Vancouver, BC
Long Weekend
MON FEB 11
10 AM to 4 PM
Free Admission
WWW.STANDOUTBOUTIQUE.COM
THE LOVING SPOON &

metro
CANADA'S FIRST NEWS APP* IN NEWSSTAND
Now available for iPad, iPhone and iPod touch!
App Store

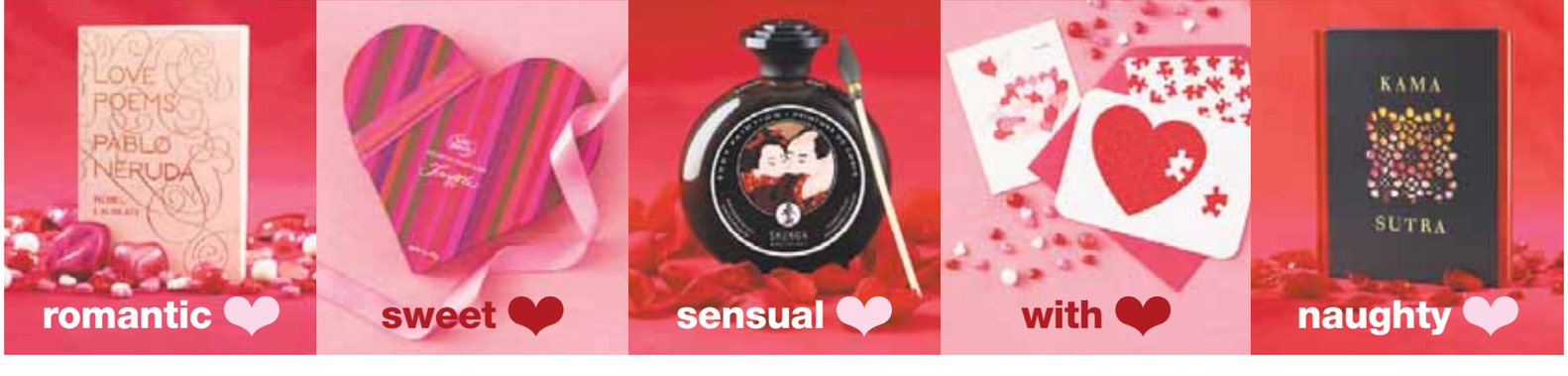
# LOVE SWEET LOVE

Express your love with our beautiful selection of Valentine's Day cards and gifts.

Shop in-store for a chance to **WIN** from 10% up to your entire purchase.*

Indigo | Chapters | indigo.ca

Product selection and price may vary between stores and online.
*In-Store Only: Ends February 14, 2013. Purchase must include at least one eligible item plus a greeting card. Offer does not apply towards the purchase of giftcards, electronics and related accessories, tablets, Rosetta Stone interactive learning software, Indigo Love of Reading foundation fundraising products or donations and memberships. Greeting card selection may vary between stores. Additional restrictions apply. Visit your local store for full details.



# A leaner and lighter way to commemorate Chinese New Year

ROSE REISMAN
for more, visit
rosereisman.com

I love the Mu Shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps.

They're high in calories and fat due to extra oil and the fattier quality of the beef.

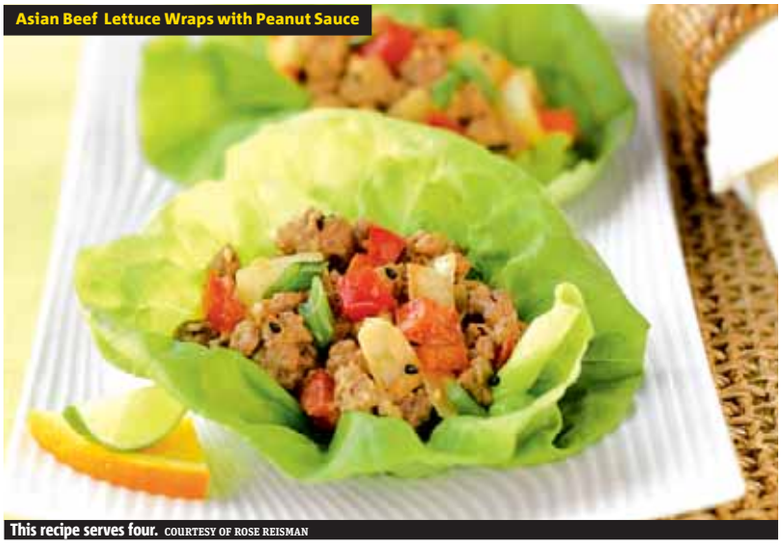
These homemade ones taste great and they're leaner. The peanut sauce is made with light coconut milk.

Try them when you celebrate the Chinese New Year on Sunday.

**1.** Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes.

**2.** Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp.

**Asian Beef Lettuce Wraps with Peanut Sauce**



**This recipe serves four.** COURTESY OF ROSE REISMAN

**Ingredients**

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup diced carrot
- 3/4 cup diced red bell pepper
- 12 oz extra-lean ground beef
- 1/4 cup light coconut milk
- 2 tbsp natural peanut butter
- 4 tsp low-sodium soy sauce
- 4 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 1/2 tsp minced garlic
- 1 tsp honey
- 1 tsp sesame seeds
- 1 tsp minced fresh ginger
- 1/2 tsp hot Asian chili sauce
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 8 large Boston or butter lettuce leaves

**3.** Add the beef and sauté until no longer pink, about 4 minutes.

**4.** Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add it to the beef mixture and simmer everything for 3 minutes.

**5.** Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own. RECIPE COURTESY OF ROSE REISMAN

**Cookbook of the Week**

## Takeout, without the takeout part

Ordering in is not the only way to enjoy your favourite Chinese dishes.

In her book The Chinese Takeout Cookbook, Diana Kuan brings Chinatown to your kitchen with 80 popular recipes, including appetizers, main courses, noodle and rice dishes and desserts.

With colour photos throughout as well as helpful tips, Kuan helps you to master classics such as Cold Sesame Noodles, Kung Pao Chicken, Beef Chow Fun, Hot and Sour Soup, Moo Shu Pork, Black Sesame Ice Cream, Pork and Shrimp Egg Rolls and much more. METRO

## Dessert. Almond Cookies

**1.** Heat oven to 160 C (325 F).

**2.** In standing electric mixer fitted with paddle attachment, combine flour, sugar, baking soda and salt. Beat in softened butter few pieces at a time at low speed, until texture resembles cornmeal. Beat in eggs and almond extract until smooth.

**3.** Roll dough between palms into 3-cm (1 1/4-inch) balls and place 5 cm (2 inches) apart on ungreased baking sheets.

**4.** Using palm of hand, gently flatten each ball and place almond in middle of each. Brush top of each with egg glaze.

**5.** Bake 20 mins., rotating top and bottom baking sheets halfway through.

**6.** Transfer cookie cooling rack and let cool for at least 5 minutes before serving. THE CANADIAN PRESS/ THE CHINESE TAKEOUT COOKBOOK: QUICK AND EASY DISHES TO PREPARE AT HOME BY DIANA KUAN (BALLANTINE BOOKS, 2012).

**Ingredients**

- 625 ml (2 1/2 cups) all-purpose flour
- 250 ml (1 cup) sugar
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 g (1/2 lb or 2 sticks) unsalted butter, cut into pieces and softened
- 2 large eggs, beaten
- 10 ml (2 tsp) almond extract
- 40 whole almonds
- 1 large egg, beaten, for glaze

NHL

## Canucks reportedly going with Schneider

According to numerous online reports, it would appear as though Cory Schneider is starting in goal for the Vancouver Canucks Thursday against the Minnesota Wild.

Apparently, the coin head coach Alain Vigneault has jokingly been using to decide his starting netminder finally flipped Schneider's way.

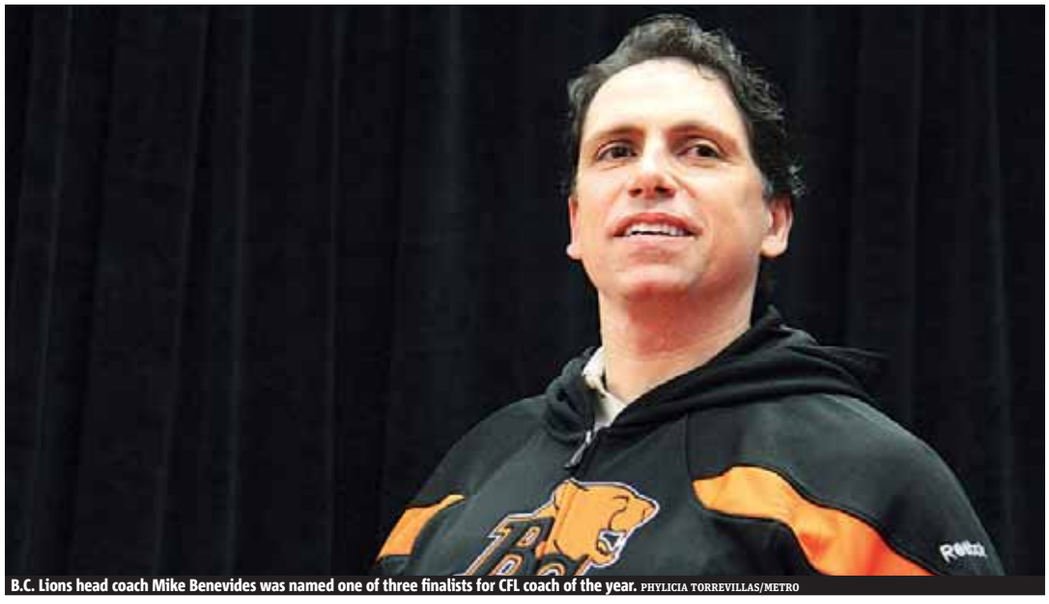
Schneider, 26, was forecast as the Canucks' No. 1 goaltender coming into the lockout-shortened season, but he has sat on the bench while Roberto Luongo, the central focus of continuing trade talks around the NHL these days, has started the last four games — three of them wins and the other a shootout loss.

Schneider's last start was on Jan. 27 against the San Jose Sharks. He allowed four goals in a losing cause, and it can be argued that while Canucks fans have yet to see the best from Schneider this season, the team playing in front of him in two of his four starts hasn't really given him too much help.

While the goaltending controversy lives on in Vancouver, it's been in the crease where the team has had the most success this season.

The Canucks are 5-2-2 heading into Thursday's Northwest Division tilt with the Wild on the road. The Vancouver power play has scored once in the last 23 opportunities — a span of five games.

CAM TUCKER/METRO



B.C. Lions head coach Mike Benevides was named one of three finalists for CFL coach of the year. PHYLICIA TORREVILLAS/METRO

# 'A phenomenal feeling'

**CFL.** B.C. Lions' Mike Benevides up for coach of the year

CAM TUCKER
cam.tucker@metronews.ca

Growing up, Mike Benevides was, he says, too big for hockey. He also couldn't skate, which is problematic in that sport.

So, as a high school student at Central Tech in Toronto, he tried his hand at football when that option became available.

Choosing football over hockey worked out.

On Wednesday, Benevides was named as one of three finalists for CFL coach of the year, after guiding the B.C. Lions to a 13-5 regular season and a berth in the Western final as a rookie head coach.

He joins John Hufnagel of the Calgary Stampeders and Scott Milanovich of the Toronto Argonauts as contenders for the honour. The winner will be announced Feb. 28 during this year's CFL Congress.

It's hardly a surprise that Benevides was named a finalist, but winning it could be a long shot.

Hufnagel and Milanovich coached their teams to a Grey Cup appearance, with the Argos bench boss reigning victorious in what was also his rookie season as a CFL head coach.

**Quoted**

**"I really enjoy working with the entire roster, and I'm the luckiest man alive."**

B.C. Lions head coach Mike Benevides

"I'm not a betting man so I don't get into that," Benevides said.

"But just to be nominated is a phenomenal feeling, a tremendous sense of pride for the organization."

Benevides joined the Lions in 2003, working as a special-teams co-ordinator and linebacker coach before being named defensive co-ordinator in 2008. He came to B.C. after three seasons with the Stampeders, under the tutelage of Wally Buono, his good friend and mentor.

Benevides was named head coach of the Lions on Dec. 13, 2011, taking over from Buono, a winner of 254 career regular-season games as a CFL coach over 22 seasons in the league and nine in B.C.

With the change in title came a changed job description.

No longer is Benevides a hands-on guy with one player or one aspect of the game. He oversees every game-related detail.

"We're all teachers. We all want to be involved. As a co-ordinator, as a position coach, you've got your hand in things," he said.

"There's (been) times where not getting involved, not teaching the guy, not being the individual coach was a (difficult) thing to handle going from a co-ordinator to a head coach.

"But there's so much more positive things. I really enjoy working with the entire roster, and I'm the luckiest man alive."

# Three big guns losing the playoff scent

They made up three teams of the NHL's version of the final four last season.

This season, the Los Angeles Kings, New York Rangers and Phoenix Coyotes aren't playing like Stanley Cup contenders. All three have failed to build on their post-season runs and sky-high pre-season expectations. The Kings, the defending Stanley Cup champions, and the Rangers wouldn't even make the playoffs at this rate. And amid complicated ownership issues, the Coyotes are just hanging on.

The Rangers can probably forget about winning the conference for the second straight season. New York has little depth and no scoring punch outside of the top line. Frontloading that first line of Marian Gaborik, Brad Richards and Rick Nash has worked. They've combined for nine goals and 23 points. It's the rest of the team that's struggled.

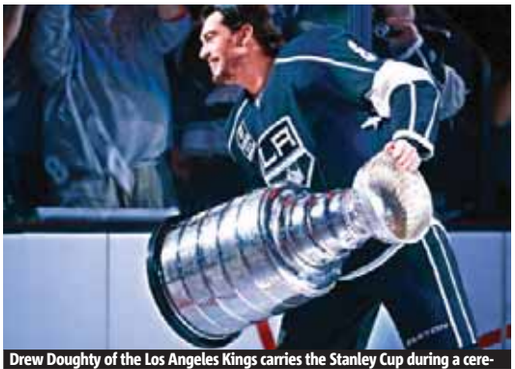
The Coyotes, with their long-term future now uncertain, are slowly turning around their season and have points in their last five games.

"I think we're just getting a rhythm," Coyotes general manager Don Maloney told the team's website. "You hate to make any excuses, but we played 10 games in 17 nights without basically any camp. The first five, six were a whirlwind. We were trying to sort ourselves out."

The Kings may be the most disappointing of them all. The defending champs are in the midst of playing eight of nine games on the road. They hope they can ride out the rough patch without falling further behind, before opening a stretch of five straight home games and 10 of 12 overall starting March 4. Like the Rangers, the Kings simply can't score. Toss out Jeff Carter's four goals, and they only have 15 this season.

Where the teams finish, of course, doesn't really matter, as long as they make the playoffs. But something needs to change soon, or they'll continue to be on the outside looking in.

THE ASSOCIATED PRESS



Drew Doughty of the Los Angeles Kings carries the Stanley Cup during a ceremony before the NHL season-opening game on Jan. 19. The Kings are one of three teams who made a deep push into the playoffs last year, but are struggling this season to find a rhythm. HARRY HOW/GETTY IMAGES

4 SPORTS

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

# Canucks' balance off in goal

THE HOCKEY NEWS
Edward Fraser
vancouver@metronews.ca

What the Joker was to Gotham City, Roberto Luongo has become to Van City. Upset the established order, and everything becomes chaos.

It was a simple equation: Cory Schneider was the new No. 1 and Luongo would be dealt before or shortly into the season. Balance would return to the crease. But shaky play by the new kid, coupled with several superb outings by the incumbent, has introduced the possibility of an alternate outcome … and provided some fantastic fodder to fill the hours between final whistle and puck drop.

For Luongo, this chaos is completely unintentional. He didn't ask for this and he hasn't fed the fire. He's been a model teammate and he's said all the right things publicly. (In fact, Luongo has been quite the joker himself via his Twitter persona @strombone1 — "Being a backup is a lot funner than I anticipated …").

This we know: Luongo won't come cheap. What was originally a buyer's market in the summer, with only Toronto, Florida and Chicago rumoured to be in the mix, has seen Philadelphia, Washington, Edmonton, San Jose and Ottawa all mentioned since the season's start. More teams will be added when those expected to do well start to struggle.

But how long can GM Mike Gillis afford to wait? If Luongo continues to outplay Schneider, how can you justify trading the most crucial part of the championship puzzle? What if Luongo tanks and interest dries up? And what if the deal Gillis is looking for doesn't materialize by the April 3 trade deadline? Would he stay put and wait until the summer, when a shrinking salary cap will only further force his hand? For a man holding two top goalies, Gillis is in a somewhat unenviable position. Whatever he does will be a gamble, and the outcome will go a long way in deciding the verdict of this season — and his legacy as the Canucks GM.

In the meantime, those with microphones and pens — this scribe included — will froth at the mouth, waiting for the announcement of next game's starter and buzzing over where Gillis or his scouts popped up last night. Why?

You know the thing about chaos? It's fair. And fun.

Canucks goalie Roberto Luongo has created chaos — albeit unintentionally —in Vancouver with his recent strong play. RICH LAM/GETTY IMAGES

NHL

## Jagr's OT goal shoots Stars to victory over Oilers

Jaromir Jagr scored in overtime as the Dallas Stars won two games in a row for the first time this season, defeating the injury-riddled Edmonton Oilers 3-2 on Wednesday night.

Jagr beat Oilers goalie Devan Dubnyk 1:46 into overtime with a high wrist shot for his third goal of the season.

Jamie Benn and Derek Roy scored in regulation for the Stars, who improved to 5-5-1.

Ales Hemsky and Justin Schultz scored in response for the Oilers, who were without three of their top four centres — Ryan Nugent-Hopkins (day-to-day with a shoulder injury), Shawn Horcoff (broken knuckle) and Eric Belanger (broken toes).

Adding to their woes, centre Anton Lander left the game in the first period with a foot injury.

The Stars return home to take on the Ducks on Friday. The Oilers start a quick two-game road trip on Saturday in Detroit.

THE CANADIAN PRESS

## Football. Feenan liking the home feel of Robert Morris University

Riley Feenan was all smiles Wednesday as he sat at a desk with the B.C. Lions backdrop in behind him.

Wearing a dark blue dress shirt and a red tie, Feenan, an offensive and defensive lineman with the Vancouver high school Notre Dame Jugglers, signed a letter of intent with Robert Morris University in Moon Township, near Pittsburgh, Pa.

He visited the campus just once in December. One visit was all it took for Feenan and his family to settle on Robert Morris and the Colonials.

"It's got a lot of Canadians. That's probably one of the biggest reasons I chose (it)," Feenan, a Grade 12 student, told reporters at the Lions Surrey practice facility.

"I'm super excited. It reminds me a lot of Delta. That's probably the reason why I chose it. It's got all the trees, all the grassy lands and it's a small campus which is the best thing for me."

Feenan, who stands an astounding six-foot-six and weighs in at 295 pounds, signed the papers in front of his family, teammates and Jugglers head coach Richard Scott.

"It's not every day that a high school coach gets a 6-6, 300-pound kid walking in the door," said Scott.

Riley Feenan CAM TUCKER/METRO

"In Grade 8, Riley came into our school and said he wanted to play football in the United States. And that was in Grade 8."

Feenan shared a photo-op and a nice embrace with his family right after putting pen to paper.

He said he had the option of looking at other schools, including some in the SEC, but "none of them had that feel that Roberto Morris did."

CAM TUCKER/METRO

Quoted

**"It reminds me a lot of Delta. That's probably the reason why I chose it."**

**Riley Feenan** on his decision to sign a letter of intent with Robert Morris University.

Olympics

## Canada not budging from Own the Podium stance

Canada won more gold medals than any country at the 2010 Vancouver Olympics, but that's not the goal a year from now in Sochi.

The target for the 2014 Winter Games remains as it was for Vancouver — to beat all other countries in total medals won.

Canada did not achieve that in 2010. The team finished third in the overall medal count with 26 behind the United States (37) and Germany (30).

While Canada's 14 gold in Vancouver set a record for the most won by a country at a single Winter Games, the country isn't moving off the objective of winning the overall medal count in Sochi.

The latter approach is inclusive and gives Canadians more opportunities to celebrate performances, says the chief executive officer of Own the Podium.

"Our objective is to contend for No. 1 in total medals," Anne Merklinger says. "Every medal matters to our country and to Canadians."

The opening ceremony of the 22nd Winter Olympiad in Russia is one year from Thursday.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 10 | 7 | 3 | 0 | 34 | 24 | 14 |
| New Jersey | 9 | 5 | 1 | 3 | 23 | 20 | 13 |
| NY Islanders | 9 | 4 | 4 | 1 | 29 | 30 | 9 |
| NY Rangers | 9 | 4 | 5 | 0 | 20 | 25 | 8 |
| Philadelphia | 10 | 4 | 6 | 0 | 23 | 27 | 8 |

**NORTHEAST DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Boston | 9 | 7 | 1 | 1 | 26 | 20 | 15 |
| Ottawa | 10 | 6 | 3 | 1 | 29 | 19 | 13 |
| Montreal | 9 | 6 | 3 | 0 | 27 | 19 | 12 |
| Toronto | 10 | 5 | 5 | 0 | 25 | 29 | 10 |
| Buffalo | 10 | 3 | 6 | 1 | 30 | 37 | 7 |

**SOUTHEAST DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Tampa Bay | 9 | 6 | 3 | 0 | 40 | 23 | 12 |
| Winnipeg | 9 | 4 | 4 | 1 | 27 | 34 | 9 |
| Carolina | 8 | 4 | 4 | 0 | 22 | 24 | 8 |
| Florida | 9 | 3 | 5 | 1 | 22 | 33 | 7 |
| Washington | 10 | 2 | 7 | 1 | 23 | 36 | 5 |

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Chicago | 10 | 8 | 0 | 2 | 33 | 23 | 18 |
| St. Louis | 9 | 6 | 3 | 0 | 32 | 25 | 12 |
| Nashville | 9 | 4 | 2 | 3 | 20 | 21 | 11 |
| Detroit | 9 | 4 | 4 | 1 | 23 | 28 | 9 |
| Columbus | 10 | 3 | 6 | 1 | 20 | 32 | 7 |

**NORTHWEST DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Vancouver | 9 | 5 | 2 | 2 | 24 | 22 | 12 |
| Edmonton | 9 | 4 | 3 | 2 | 22 | 24 | 10 |
| Minnesota | 9 | 4 | 4 | 1 | 21 | 24 | 9 |
| Colorado | 10 | 4 | 6 | 0 | 21 | 26 | 8 |
| Calgary | 7 | 2 | 3 | 2 | 20 | 25 | 6 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 9 | 7 | 1 | 1 | 32 | 23 | 15 |
| San Jose | 10 | 7 | 2 | 1 | 34 | 21 | 15 |
| Phoenix | 10 | 4 | 4 | 2 | 29 | 27 | 10 |
| Dallas | 10 | 4 | 5 | 1 | 20 | 25 | 9 |
| Los Angeles | 8 | 3 | 3 | 2 | 20 | 25 | 8 |

**Note:** A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

**Wednesday's results**
Boston 2 Montreal 1
Anaheim 3 Colorado 0
Dallas at Edmonton
**Tuesday's results**
Toronto 3 Washington 2
Los Angeles 4 Columbus 2
Pittsburgh 4 NY Islanders 2
New Jersey 3 NY Rangers 1
Philadelphia 2 Tampa Bay 1
Calgary 4 Detroit 1
Ottawa 4 Buffalo 3
Winnipeg 3 Florida 2 (OT)
Nashville 6 St. Louis 1
Chicago 5 San Jose 3
**Thursday's games — All Times Eastern**
Florida at Philadelphia, 7 p.m.
Washington at Pittsburgh, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Calgary at Columbus, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Montreal at Buffalo, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
Toronto at Winnipeg, 8 p.m.
Los Angeles at Nashville, 8 p.m.
Detroit at St. Louis, 8 p.m.
Vancouver at Minnesota, 8 p.m.
Chicago at Phoenix, 9 p.m.
**Friday's game**
Anaheim at Dallas, 8:30 p.m.

### SCORING LEADERS

| | G | A | Pt |
|---|---|---|---|
| Vanek, Buf | 8 | 11 | 19 |
| Stamkos, TBL | 7 | 9 | 16 |
| Kane, Chi | 6 | 9 | 15 |
| Marleau, SJ | 9 | 5 | 14 |
| Pominville, Buf | 6 | 8 | 14 |
| Crosby, Phg | 4 | 10 | 14 |
| Thornton, SJ | 3 | 11 | 14 |
| St. Louis, TBL | 3 | 11 | 14 |
| Zetterberg, Det | 5 | 8 | 13 |
| Pavelski, SJ | 5 | 8 | 13 |
| Clarkson, NJ | 7 | 5 | 12 |
| Kunitz, Phg | 6 | 6 | 12 |
| Conacher, TBL | 5 | 7 | 12 |
| Enstrom, Win | 2 | 10 | 12 |
| Malkin, Phg | 2 | 10 | 12 |
| Couture, SJ | 6 | 5 | 11 |
| Lecavalier, TBL | 4 | 7 | 11 |
| Tavares, NYI | 4 | 7 | 11 |
| Ribeiro, Wash | 3 | 8 | 11 |
| Staal, Car | 7 | 3 | 10 |
| Parise, Min | 6 | 4 | 10 |
| Hossa, Chi | 6 | 4 | 10 |
| Tarasenko, STL | 5 | 5 | 10 |
| Hodgson, Buf | 5 | 5 | 10 |
| Gagner, Edm | 3 | 7 | 10 |
| Datsyuk, Det | 3 | 7 | 10 |
| Vrbata, Phx | 3 | 7 | 10 |
| Purcell, TBL | 2 | 8 | 10 |
| Elias, NJ | 2 | 8 | 10 |

**Not including last night's games**

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| Miami | 32 | 14 | .696 | — |
| New York | 31 | 16 | .660 | 1½ |
| Indiana | 31 | 19 | .620 | 3 |
| Chicago | 29 | 19 | .604 | 4 |
| Brooklyn | 29 | 20 | .592 | 4½ |
| Atlanta | 27 | 21 | .563 | 6 |
| Milwaukee | 25 | 23 | .521 | 8 |
| Boston | 25 | 23 | .521 | 8 |
| Philadelphia | 21 | 27 | .438 | 12 |
| Detroit | 18 | 32 | .360 | 16 |
| **Toronto** | **17** | **32** | **.347** | **16½** |
| Cleveland | 15 | 34 | .306 | 18½ |
| Orlando | 14 | 35 | .286 | 19½ |
| Washington | 13 | 35 | .271 | 20 |
| Charlotte | 11 | 37 | .229 | 22 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Antonio | 39 | 11 | .780 | — |
| Oklahoma City | 37 | 12 | .755 | 1½ |
| L.A. Clippers | 35 | 16 | .686 | 4½ |
| Denver | 31 | 18 | .633 | 7½ |
| Memphis | 30 | 18 | .625 | 8 |
| Golden State | 30 | 19 | .612 | 8½ |
| Utah | 28 | 22 | .560 | 11 |
| Houston | 27 | 24 | .529 | 12½ |
| Portland | 25 | 24 | .510 | 13½ |
| L.A. Lakers | 23 | 26 | .469 | 15½ |
| Dallas | 21 | 28 | .429 | 17½ |
| Minnesota | 18 | 28 | .391 | 19 |
| Phoenix | 17 | 33 | .340 | 22 |
| Sacramento | 17 | 33 | .340 | 22 |
| New Orleans | 16 | 33 | .327 | 22½ |

**Note:** division leaders ranked in top three positions regardless of winning percentage.

**Wednesday's results**
L.A. Clippers 86 Orlando 76
Indiana 88 Philadelphia 69
Cleveland 122 Charlotte 95
Washington 106 New York 96
Boston 99 **Toronto 95**
Miami 114 Houston 108
Atlanta 103 Memphis 92
Brooklyn 93 Detroit 90
Oklahoma City 119 Golden State 98
New Orleans 93 Phoenix 84
Dallas 105 Portland 99
Utah 100 Milwaukee 86
San Antonio 104 Minnesota 94
**Tuesday's results**
Indiana 114 Atlanta 103
L.A. Lakers 92 Brooklyn 83
Phoenix 96 Memphis 90
Houston 140 Golden State 109
Denver 112 Milwaukee 104
**Thursday's games — All Times Eastern**
L.A. Lakers at Boston, 8 p.m.
Chicago at Denver, 10:30 p.m.

See today's answers at metronews.ca/answers.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Friendships are under excellent stars at the moment and someone you meet on your travels will become a firm favourite. Yes, they're a bit "different" but that's what makes them so interesting.

### ♉ Taurus
**April 21 - May 21**
The current planetary set-up is overwhelmingly favourable. No, really, it is. Today's influences are especially good for matters related to your work or career, so make use of them. Let your boss see how keen and committed you are.

### ♊ Gemini
**May 22 - June 21**
Employers and other important people are hugely impressed by your efforts over the past few months and some sort of recognition or promotion cannot be far away. They can see you've got what it takes — so take it.

### ♋ Cancer
**June 22 - July 23**
You don't have to be fearful. You don't have to hide in the shadows. The way to overcome your doubts is to put them to the test. Do something today that most people would try to avoid. You're not most people.

### ♌ Leo
**July 24 - Aug. 23**
Try not to be too hard on yourself. Yes, you have made mistakes, maybe more than a few. But you are human like everyone else, so don't beat yourself up about it. You make more mistakes because you take more risks.

### ♍ Virgo
**Aug. 24 - Sept. 23**
What you need to remember today is that pressure can be creative. It may feel as if you are being forced to move into unfamiliar territory but don't complain too much. You will feel the benefits soon enough.

### ♎ Libra
**Sept. 24 - Oct. 23**
Expect only good things over the next 24 hours. With Venus, your ruler, linked to luck planet Jupiter, no matter how far-reaching the changes in your life may be they will be positive ones. So, why worry?

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Break out of your rut and do something more constructive with your time. What that something is only you can decide. But, anything of an artistic nature will go well for you now as will affairs of the heart.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You will have to act quickly today if you want to avoid some kind of feud boiling over. Be fast, be firm and be the one who demands honesty all round. Too many people are still avoiding the truth.

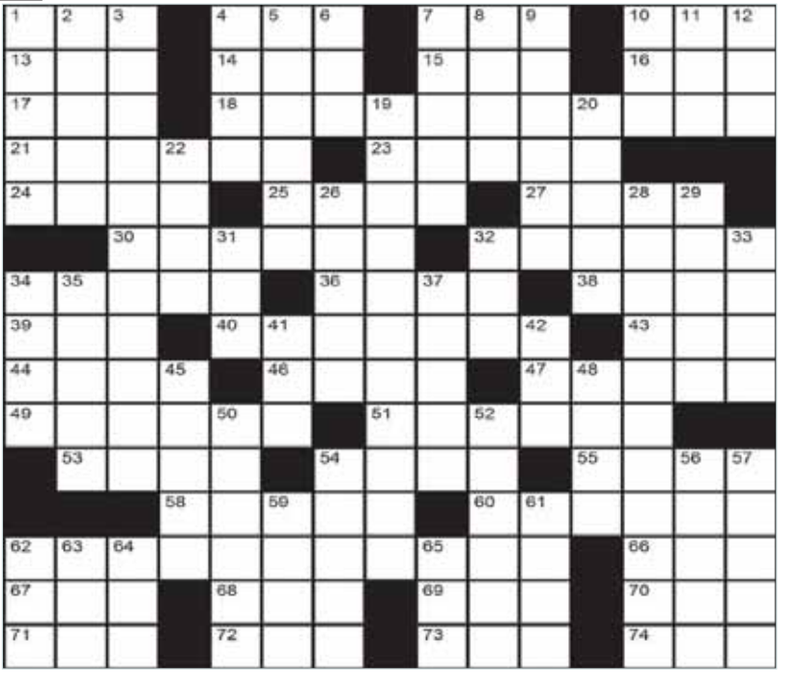
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Ignore rules and regulations. Do what comes naturally and take no notice of those who say you should do everything by the book. If you listen to them, it's unlikely you will ever get anywhere worth going.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
The omens are very much in your favour and there is no telling what you might achieve if you have the courage to take a few risks. On the love front, especially, you will be much in demand over the next 24 hours.

### ♓ Pisces
**Feb. 20 - March 20**
It may seem as if everyone but you is having fun at the moment but that's just because of your negative outlook. Open your eyes and see what a truly privileged lifestyle you lead and pretty soon you'll be smiling again. SALLY BROMPTON

## Crossword: Canada Across and Down

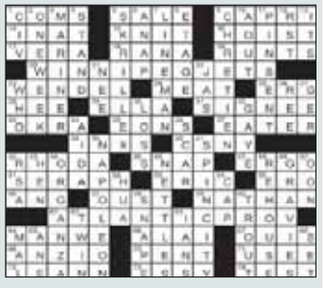
BY KELLY ANN BUCHANAN



**Across**
1. Shih __ (Cute dog)
4. Calgary, __.
7. Mil. authority
10. Canadian actor Mr. Bellows
13. Distinguished [abbr.]
14. Actress Ms. Ling
15. King, in Portugal
16. Rapa __ (Easter Island)
17. Dadaist Jean
18. Historic site in Alberta, Head-Smashed-In __ __
21. Fur __ (Beaver's bane in early Canada)
23. Earth's __ layer
24. Evening: French
25. Gaelic
27. Require
30. The Ewing Clan's show
32. Ruffled-waist, as on a dress
34. Gangster from 'Star Wars', __ the Hutt
36. Singer of "Grace Kelly"
38. Popeye comics kid, __'Pea
39. "Take __, _ insist!"
40. iPads, and others
43. 'Fact' finisher
44. __ vinegar
46. TV-watcher's spot
47. Symbols
49. Dickinson of "Dragons' Den"
51. Together
53. "This __ laughing matter!": 2 wds.
54. Their: French
55. Increases twofold, for short
58. Courtroom event
60. Breakfast serving
62. Acadian singer of "Kissing Rain": 2 wds.
66. 'One' to Marie-Claire
67. British singer Rita
68. Affixed, abbreviated
69. Hour div.
70. Opposite WSW
71. VJ's network
72. __ Vegas
73. Mac rivals
74. Hockey great Mr. Apps

**Down**
1. "__ great!" (Congrats!)
2. Mask-and-sword swashbuckler
3. Causes of past due notices: 2 wds.
4. Superior at a French monastery
5. Comedy duo, __ and Hardy
6. "I Love Myself Today" by __ Naked
7. Fad
8. "Canadian Idol" Season 5 winner, Brian __
9. The __ Quintuplets
10. Antelope with ox-like horns
11. 'Consort' completer
12. Collagen target
19. Coal and petroleum: 2 wds.
20. Army vehicles
22. Dullsville
26. Sylvester Stallone title role
28. Dan Aykroyd's harmonica-playing character: 2 wds.
29. Expected to arrive: 2 wds.
31. Globe's long. crosser
32. Mr. Sajak
33. Prescriptions, commonly
34. "Letters from Iwo __" (2006)
35. Video game pioneer
37. Mr. Reeves
41. Peer Gynt's mother
42. Sixties-style protest, __-in
45. Wedding anniversary for tin
48. Relinquish control
50. Aboriginal artist Mr. Morrisseau, The Picasso of the North
52. Alanis Morissette hit
54. Milks: French
56. Squiggy's "Laverne & Shirley" pal
57. Hamilton, __ City
59. Speck
61. Clothing department
62. Movie genre, __-com
63. 'Comf' completer
64. Cleveland NBA-er
65. Rapscallion

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | 1 | 3 | 7 | | | 6 |
| | 2 | | | | 9 | 1 | | |
| | | | | 6 | | | | |
| 4 | | 3 | | | | | 7 | |
| | 1 | 8 | | | | 5 | 9 | |
| | 7 | | | | | 2 | | 3 |
| | | | | 8 | | | | |
| | | 4 | 3 | | | | 1 | |
| 6 | | | 4 | 9 | 5 | | | 2 |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 8 | 5 | 6 | 7 | 4 | 2 | 1 |
| 2 | 5 | 1 | 8 | 9 | 4 | 7 | 3 | 6 |
| 4 | 6 | 7 | 2 | 1 | 3 | 8 | 9 | 5 |
| 6 | 4 | 3 | 7 | 2 | 8 | 5 | 1 | 9 |
| 8 | 7 | 9 | 3 | 5 | 1 | 2 | 6 | 4 |
| 5 | 1 | 2 | 9 | 4 | 6 | 3 | 7 | 8 |
| 7 | 3 | 5 | 1 | 8 | 9 | 6 | 4 | 2 |
| 1 | 2 | 4 | 6 | 3 | 5 | 9 | 8 | 7 |
| 9 | 8 | 6 | 4 | 7 | 2 | 1 | 5 | 3 |

Today 7°/1° Sunny
Friday 6°/1° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

# Take greater interest in your savings.

## Earn Bonus Interest on your savings.

**2%*** on New Balances
Limited Time

**– CIBC TFSA Tax Advantage Savings Account®**
**– CIBC RRSP Daily Interest Savings Account**

Conditions apply.

Speak to a CIBC advisor today.
Visit any branch, go to cibc.com/bonusinterest
or call 1 866 525-8622.

CIBC FOR WHAT MATTERS.

*This is a combined bonus and regular annual interest rate paid on new balances deposited to a CIBC TFSA Tax Advantage Savings Account ("TFSA") and/or CIBC RRSP Daily Interest Savings Account ("RRSP DISA"). The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. How it works: the applicable regular interest is paid on the full daily closing balance for each. In addition, on days when the closing balance exceeds the Oct 31/12 closing balance (the difference between the two balances is a "new balance"), the new balance earns a bonus interest rate for that day. Interest is calculated daily on each day's final balance and paid monthly. Bonus interest rate offer expires Mar 28/13. Other conditions apply; ask in-branch or see cibc.com/bonusinterest for full terms and conditions.
®Registered trademark of CIBC. "CIBC For what matters." is a TM of CIBC.